Learn Swedish

Level 2 Absolute Beginner

VOLUME 1 *Enhanced Version*

2

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Absolute Beginner Swedish
How to Use

Welcome to Absolute Beginner Swedish! This e-book with audio lessons is a completely new way to learn Swedish fast! Start speaking Swedish in minutes with the powerful learning methods you will master in this book.

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Where is All My Swedish Stuff?

Lesson Track

Lesson Review Track

Lesson Dialog Track

Learn Swedish with our site! You're running late for your first class at a Swedish school, and it's because you can't find a single pen in the house. What happened to them all?! You can't write any notes in Swedish unless you find one...maybe you left them in your car?

In this Lower Beginner lesson, you'll learn how to express ownership, from an informal conversation between family members. Visit us at our site, where you will find many more fantastic Swedish lessons and learning resources! Leave us a message while you are there!

Line-By-Line Transcript

Formal Swedish
Anna: Mamma, har du sett min biologibok?
Kerstin: Den ligger på köksbordet.
Anna: Där är den ju! Har du sett mitt pennskrin?
Kerstin: Nej. Jens kanske har tagit det.
Anna: Va? Inte nu igen!
Kerstin: Jo. Jag såg honom med det i morse.

Formal English
Anna: Mom, have you seen my biology book?
Kerstin: It's on the kitchen table.
Anna: There it is! Have you seen my pencil case?
Kerstin: No. Maybe Jens has taken it.
Anna: What? Not again!
Kerstin: Yes. I saw him with it this morning.

Vocabulary List

Swedish / English / Class

mamma *mamma, mom* noun
att se *to see* verb
min *my* pronoun
mitt *my* pronoun
biologibok *biology book* noun
att ligga *to be, to lay* verb
pennskrin *pencil case* noun
där *there* demonstrative pronoun
att ta *to take* verb
vad *what* adverb

Expansion Section

mamma (mamma, mom)
Min mamma jobbar som lärare.
"My mother works as a teacher."

---

att se (to see)
Det är underbart att se dig igen.
"It is wonderful to see you again."

---

min (my)
Jag har tappat min plånbok.
"I have lost my wallet."

---

mitt (my)
Välkomna till mitt hem.
"Welcome to my home."
Hej, mitt namn är Thomas.
"Hi, my name is Thomas."

---

biologibok (biology book)
Jag måste köpa en ny biologibok.
"I have to buy a new biology book."

---

att ligga (to be, to lay)
Mina nycklar ligger på stolen.
"My keys are on the chair."

---

pennskrin (pencil case)
Roberto har köpt ett nytt pennskrin.
"Roberto has bought a new pen box."

---

där (there)
Där går en grupp tyskar.
"There goes a group of Germans."

---

att ta (to take)
Det är svårt att ta dig på allvar.
"It is difficult to take you seriously."

---

vad (what)
Vad är klockan nu?
"What is the time now?"
Vad är din destination?
"What's your destination?"

Grammar Point

The Focus of This Lesson is to Learn How to Express Ownership
Har du sett mitt pennskrin?
"Have you seen my pencil box?"

The purpose of this lesson is to learn how to express ownership. Expressing ownership can of course be done in many different ways. But in this lesson, we'll focus on how to use the pronouns *min* and *mitt* correctly. Both *min* and *mitt* were used by Anna in this lesson's dialog when expressing ownership. Let's have a look.

Examples from this dialogue:

1. *Mamma, har du sett <u>min</u> biologibok?*
   "Mom, have you seen <u>my</u> biology book?"
2. *Har du sett <u>mitt</u> pennskrin?*
   "Have you seen <u>my</u> pencil case?"

As you might have noticed from the sentences presented above, both the pronouns *min* and *mitt* correspond to the English pronoun "my." This leads us to the question: Why do we sometimes use *min* and sometimes *mitt* if they both

correspond to "my"? The difference between *min* and *mitt* has to do with the noun that they are referring to. In Swedish, nouns are either common gender nouns or neuter gender nouns. Common gender nouns are sometimes referred to as *en*-nouns since the prefix *en*- precedes them.

Examples of *en*-nouns or common gender nouns are:

1. *en biologibok*
   "a biology book"
2. *en mamma*
   "a mom"
3. *en hund*
   "a dog"

Neuter gender nouns are, on the other hand, sometimes referred to as *ett*-nouns since the prefix *ett* precedes them.

Examples of *ett*-nouns or neuter gender nouns are:

1. *ett pennskrin*
   "a pencil case"
2. *ett hus*
   "a house"
3. *ett barn*
   "a child"

In Swedish there are, unfortunately, no rules for how to tell the common gender nouns and the neuter gender nouns apart. So a good thing to do is to always try to memorize the nouns that you learn as either an e*tt*-noun or *en*-noun.

Now let's return to how to express ownership with the help of *min* and *mitt.* We'll use a simple sentence structure such as *Det är min/mitt + [noun]* ("It's my [noun]") to exemplify how to express ownership, depending on whether it's a common or neuter gender noun in its singular indefinite form you are actually referring to. We'll look at how to do that when we want to refer to common gender nouns (*en*-nouns) such as *en biologibok* ("a biology book"), *en mamma* ("a mom"), and *en hund* ("a dog"). Because we want to refer to common gender nouns (*en*-noun), we have to use the pronoun *min*. Let's look at some examples:

1. *Det är <u>min</u> biologibok.*
   "It's <u>my</u> biology book."

2. *Det är min mamma.*
   "It's my mom."
3. *Det är min hund.*
   "It's my dog."

Now, if we instead want to express ownership by referring to a neuter gender noun such as *ett pennskrin* ("a pencil case"), *ett hus* ("a house"), and *ett barn* ("a child"), you'll have to use the pronoun *mitt* ("my"). Let's illustrate this with some examples:

1. *Det är mitt pennskrin.*
   "It's my pencil case."
2. *Det är mitt hus.*
   "It's my house."
3. *Det är mitt barn.*
   "It's my child."

Cultural Insight

Education in Sweden

The Swedish education system consists of nine years of compulsory comprehensive school, or *grundskola* as it's referred to in Swedish. After *grundskolan*, you have the Swedish counterpart of high school, which in Swedish is known as *gymnasieskola*. There are a large variety of different programs offered to the students who start *gymnasiet*. These programs are both of a practical, as well as of a more theoretical nature, and while some will provide the students with an education that they can put into use directly after graduating, others are more designed to be a stepping stone to further studies at university. The education offered at Swedish high schools is voluntary, but most Swedish youth still attend. In fact, statistics show that as many as ninety percent start high school, but quite a few drop out or graduate with grades that are too poor to get accepted to universities or colleges.

Why Are Those Swedish Students Riding Around On a Truck?

Lesson Track

Lesson Review Track

Lesson Dialog Track

Learn Swedish with our site! You're out getting groceries in Sweden, when you notice a group of young people riding along on a flatbed truck and cheering in Swedish. You think nothing of it and keep walking. Then another four trucks roll by with young Swedes on them in white outfits. What is going on?! You make a note to ask your Swedish roommate when you get back!

In this Lower Beginner lesson, you'll learn more about how to express ownership, from an informal conversation between two friends. Visit us at our site, where you will find many more fantastic Swedish lessons and learning resources! Leave us a message while you are there!

Line-By-Line Transcript

Formal Swedish
Robert: Anna, är det nu på fredag som du tar studenten?
Anna: Ja.
Robert: Ska du ha på dig din nya vita klänning då?
Anna: Ja, jag tror det.
Robert: Ska din klass åka flak efter skolavslutningen?
Anna: Ja, vi har hyrt ett flak.
Robert: Vad roligt! Tror du jag får åka med på ditt flak då?
Anna: Visst, varför inte.

Formal English
Robert: Anna, is it now on Friday that you graduate from high school?
Anna: Yes.
Robert: Are you going to wear your new white dress then?
Anna: Yes, I think so.
Robert: Is your class going to ride around on a flatbed truck after the graduation?

Anna: Yes, we've rented a flatbed truck.
Robert: That's nice! Do you think I can go with you on your flatbed truck?
Anna: Sure, why not.

Vocabulary List

Swedish / **English** / **Class**
din *your* pronoun
ditt *your* pronoun
att ta studenten *to graduate from high school* verb
att ha på sig *to wear* verb
vit *white* adjective
klänning *dress* noun
flak *flatbed truck* noun
klass *class*
att hyra *to rent* verb
att tro *to think* verb

Expansion Section

din (your)
Ta undan din tallrik!
"Take away your plate!"

---

ditt (your)
Ditt namn låter bekant.
"Your name sounds familiar."

---

att ta studenten (to graduate from high school)
Det ska bli kul att ta studenten.
"It's going to be fun to graduate from high school."

---

att ha på sig (to wear)
Vad ska jag ha på mig på lördag?
"What am I going to wear on Saturday?"

---

vit (white)
Vit är utan tvekan min favoritfärg.
"White is by far my favorite color."

Den vita lotusblomman flyter på dammens yta.
"The white lotus is floating on the surface of the pond."

---

klänning (dress)
Klänningen är skyltning i skyltfönstret.
"The dress is on display."

---

flak (flatbed truck)
Annas klass har hyrt ett flak.
"Anna's class has rented a flatbed truck."

---

klass (class)
Läraren lär ut i klassen.
"The teacher teaches the class."

---

att hyra (to rent)
Ska vi hyra en film?
"Should we rent a movie?"

---

att tro (to think)
Jag tror det kommer regna imorgon.
“I think it’ll rain tomorrow.”
Det är svårt att tro att Lisa skulle göra något sådant.
"It’s hard to believe that Lisa would do such a thing.”

Grammar Point

The Focus of This Lesson is to Learn More About Expressing Ownership
Ska du ha på dig din nya vita klänning då?
"Are you going to wear your new white dress then?"

In this lesson, we'll continue to learn more about how to express ownership in Swedish. In the previous lesson, we learned about the pronouns *min* and *mitt* that both correspond to the English pronoun "my." In this lesson, we'll instead look more closely at the pronouns *din* and *ditt*, both of which translate to the English "your." Both of these pronouns appears in this lesson's dialogue, so let's have a look.

Examples from this dialogue:

1. *Ska du ha på dig din nya vita klänning då?*
   "Are you going to wear your new white dress then?"
2. *Tror du jag får åka med på ditt flak då?*
   "Do you think I can go with you on your flatbed truck?

In the previous lesson, we talked about how *min* and *mitt* are used differently depending on whether the noun you're referring to is a common or neuter gender noun. *Din* and *ditt* are used similarly. *Din* is used when referring to a common gender noun (*en*-noun) in its indefinite singular form. Let's look at some examples of how to use *din* to express ownership by referring to the common gender nouns *en klass* ("a class"), *en klänning* ("a dress"), and *en mamma* ("a mom"). We'll use the same simple sentence structure as in the previous lesson, namely *Det är din + [noun]* ("It's your [noun]").

For example:

1. *Det är din klass.*
   "It's your class."
2. *Det är din klänning.*
   "It's your dress."
3. *Det är din mamma.*
   "It's your mother."

Ditt is used when referring to a neuter gender noun (*ett*-noun) in its indefinite singular form. Now let's look at how we can use *ditt* to express ownership by referring to the neuter gender nouns *ett flak* ("a flatbed truck"), *ett pennskrin* ("a pencil case"), and *ett hus* ("a house"):

1. *Det är ditt flak.*
   "It's your flatbed truck."
2. *Det är ditt pennskrin.*
   "It's your pencil case."
3. *Det är ditt hus.*
   "It's your house."

Cultural Insight

How Do Swedish Students Celebrate Graduation?

Graduating from high school, or *gymnasiet*, in Sweden is a very special occasion

for many Swedish youth. Tourists who happen to visit Sweden, and particularly Stockholm, at the beginning of June are likely to encounter these student during their celebrations. For high school students who graduate, it's not uncommon for the whole class to rent a flatbed truck. After the formal graduation ceremony, they jump onboard the truck's tray and drive around on the streets of Stockholm to celebrate. These students are very easy to spot. In fact, it will be impossible to miss them if you're around Stockholm that time of year, partly because they'll all be dressed in white with the traditional white student cap on their heads, and partly because they'll be playing music really loud and usually singing at the top of their lungs. After celebrating with their class, many students gather with friends, family, and relatives at their own house to enjoy some food and drinks and to open some presents. In the evening, there's usually a party arranged for the whole school, so many students leave their homes one more time to join their friends and classmates for a final celebration.

Comparing Prices in Swedish

Lesson Track

Lesson Review Track

Lesson Dialog Track

Learn Swedish with our site! Going shopping in another country requires an understanding of how their currency compares to your own country's currency in value. You learned that the hard way when you first arrived in Sweden—you bought all the groceries you were used to buying back home without thinking about the currency conversion to the Swedish Crown...and were shocked when you finally did it once you got home. You've been smarter about your shopping since then!

In this Lower Beginner lesson, you will learn about expressing numbers using decimals. You will also learn about eating habits, food prices, and common phrases you might find on food labels in Sweden. Visit us at our site, where you will find many more fantastic Swedish lessons and learning resources. Leave us a message while you are there!

Line-By-Line Transcript

Formal Swedish
Kerstin: Vad behöver vi?
Hans: Vi behöver ett kilo äpplen.
Kerstin: Ska jag ta dom här för 30,90 kronor kilot eller dessa för 24,50 kronor kilot?
Hans: Ta dom där borta för 27,80 kronor kilot.
Kerstin: Okej. Behöver vi bananer med?
Hans: Ja, ta dom kravmärkta för 23,40 kronor kilot.
Kerstin: Är du säker? De andra kostar bara 19,90 kronor kilot.
Hans: Ta dom kravmärkta.

Formal English
Kerstin: What do we need?
Hans: We need one kilogram of apples.

Kerstin: Should I take these ones here for 30.90 crowns per kilo or these for 24.50 crowns per kilo?
Hans: Take those over there for 27.80 crowns per kilo.
Kerstin: Okay. Do we need bananas too?
Hans: Yes, take the eco-labeled ones for 23.40 crowns per kilo.
Kerstin: Are you sure? The other ones only cost 19.90 crowns per kilo.
Hans: Take the eco-labeled ones.

Vocabulary List

Swedish / **English** / **Class**
att behöva *to need* verb
kilo *kilo* noun
äpple *apple* noun
att ta *to take* verb
där borta *over there* adverb
krona *Crown* noun
banan *banana* noun
komma *comma* noun
och *point* noun
kravmärkta *eco-labeled* adjective

Expansion Section

att behöva (to need)
Jag kommer att behöva ringa ett telefonsamtal snart.
"I will need to make a phone call soon."

---

kilo (kilo)
Den väger sju kilo.
"It weighs seven kilos."

äpple (apple)
Ett äpple om dagen håller doktorn borta.
"An apple a day keeps the doctor away."

---

att ta (to take)
Det är svårt att ta dig på allvar.
"It is difficult to take you seriously."

---

där borta (over there)
Anna sitter där borta.
"Anna is sitting over there."

---

krona (Crown)
Jag har inte en enda krona kvar.
"I don't have a single crown left."

---

banan (banana)
Bananer är rika i kalium.
"Bananas are rich in potassium."

---

komma (comma)
Skåpet är tre-komma-fem meter högt.
"The locker is three-point-five meters high."

---

och (point)
Alla förtjänar lite lugn och ro ibland.
"Everyone deserves some tranquility at some point in his life."

---

kravmärkta (eco-labeled)
Jag köper bara kravmärkt frukt.
"I only buy eco-labeled fruit."

Grammar Point

The Focus of this Lesson is Expressing Numbers with Decimals.
De andra kostar bara 19,90 kronor kilot.
"The other ones only cost 19.90 crowns per kilo."

In this lesson, we'll learn how to use decimals in Swedish. This can be especially useful if you want to talk about things such as a price, height, length, or simply when referring to numbers containing decimals when doing mathematics. In this lesson's dialogue, Kerstin and Hans are referring to numbers including decimals when talking about the price of fruit, and we'll look now at some of the sentences from it.

Examples from this dialogue:

1. *Ta dom där borta för 27,80 (sjugosju-och-åttio) kronor kilot.*

"Take those over there for 27.80 crowns per kilo."
2. *Ja, ta dom kravmärkta för 23,40 (tjugotre-och-fyrtio) kronor kilot.*
   "Yes, take the eco-labeled ones for 23.40 crowns per kilo."
3. *De andra kostar bara 19,90 (nitton-och-nittio) kronor kilot.*
   "The other ones only cost 19.90 crowns per kilo."

In Swedish, there's more than one way to refer to numbers that include decimals. The way that's most suitable depends on what you're actually talking about. For example, when we want to talk about the price of something or the height of a person, Swedes often use the word *och*, which literally translates as "and," but here, it symbolizes the comma (or decimal point in American use). Let's illustrate this with some examples of how *och* is used in numbers with decimals when it comes to price.

For example:

1. *Bananer kostar 16,90 (sexton-och-nittio) kronor per kilot.*
   "Bananas cost 16.90 crowns per kilo."
2. *Morötter kostar 5.80 (fem-och-åttio) kronor per kilot.*
   "Carrots cost 5.80 crowns per kilo."
3. *Rökt lax kostar 246,30 (tvåhundrafyrtiosex-och-trettio) kronor per kilot.*
   "Smoked salmon costs 246.30 crowns per kilo."

Now, let's also look at some examples of how *och* is used in numbers with decimals when we instead want to talk about someone's height. In the sentences below, the word for "meter" actually is *meter* in Swedish and is usually omitted.

For example:

1. *Kerstin är 1.65 (en-och-sextiofem) lång.*
   "Kerstin is 1.65 meter tall."
2. *Hans är 1.72 (en-och-sjuttiotvå) lång.*
   "Hans är 1.72 meter tall."
3. *Jens är 1.57 (en-och-femtiosju) lång.*
   "Jens is 1.57 meter tall."

Another more general way of talking about numbers that include decimals is to use the actual word for "comma," which in Swedish is *komma*. This way is often used when talking about the length of an object or simply when you're referring to a number that includes decimals when doing math. Let's have a look at some

examples.

For example:

1. *7.5 (sju-komma-fem) + 6.3 (sex-komma-tre) = 14.8 (fjorton-komma-åtta).* - "7.5 + 6.3 = 14.8."
2. *1.92 (ett-komma-nittotvå) + 2.71 (två-komma-sjuttioen) = 4.63 (fyra-komma-sextiotre).* - "1.92 + 2.71 = 4.63."
3. *Brädan är 5.7 (fem-komma-sju)meter lång.*
   "The board is 5.7 meters long."
4. *Pennan är 11.1 (elva-komma-en) centimeter lång.*
   "The pen is 11.1 centimeters long."

Cultural Insight

Eating Habits and Food Prices in Sweden

In this lesson, Hans and Kerstin were at the supermarket to do some grocery shopping, so we'll take a look at Swedes' eating habits and the price of food in Sweden, as well as how it compares to other European countries. When it comes to Swedes' eating habits, a recent national study has shown that Swedes eat healthier than before. However, this doesn't mean that there isn't any room for improvement. The same study also shows that women generally eat healthier than men and that young men and women between the ages of eighteen and thirty have the worst eating habits. Young people in general don't eat enough vegetables, fruits, and whole grains and eat too much food that contains high levels of fat and sugar. When it comes to food prices, Sweden is one of the more expensive countries in which to do grocery shopping in Europe. In fact, Sweden ended up in the top three of the most expensive countries in Europe when it came to food prices. The only two countries that have higher food prices are Norway, as number one, and Denmark, as number two. Even though the three Scandinavian countries all end up in the top three positions when it comes to food prices, there is still quite a difference between them, and as a result, it's not uncommon for Norwegians who live close to the Swedish border go over to Sweden to do some grocery shopping.

The Case of the Missing Swedish Keys

Lesson Track

Lesson Review Track

Lesson Dialog Track

Learn Swedish with our site! You're in a rush to get to work on time—you've just made the last train that will get you to your Swedish office in time, though you'll still have to run. But as soon as you step off at your station, you realize that you've left your gym bag on the train...and it's already pulling away! Well, there's nothing for it but to go and report it to the station attendants, and just accept that you'll be late for work. You'd better get that Swedish apology ready!

In this Lower Beginner lesson, you will learn how to talk about the location of an object. You will also learn what to do if you lose something in Sweden. Visit us at our site, where you will find many more fantastic Swedish lessons and learning resources. Leave us a message while you are there!

Line-By-Line Transcript

Formal Swedish
Kerstin: Har du sett mina nycklar?
Hans: Är dom inte i din väska?
Kerstin: Nej, dom är inte i min väska.
Hans: Är dom inte på ditt skrivbord?
Kerstin: Nej, dom är inte på mitt skrivbord.
Hans: Dom kanske har ramlat ner. Dom kanske är under ditt skrivbord.
Kerstin: Okej. Jag ska kolla.

Formal English
Kerstin: Have you seen my keys?
Hans: Aren't they in your bag?
Kerstin: No, they aren't in my bag.
Hans: Aren't they on your desk?
Kerstin: No, they aren't on my desk.
Hans: Perhaps they fell down. Maybe they're under your desk.

Kerstin: Okay. I'll have a look.

Vocabulary List

Swedish / English / Class

att se *to see* verb
att vara *to be* verb
nyckel *key* noun
väska *bag* noun
skrivbord *desk*
mina *my* pronoun
att ramla *to fall* verb
ner *down*
okej *okay* interjection
din *your* pronoun

Expansion Section

att se (to see)
Det är underbart att se dig igen.
"It is wonderful to see you again."

---

att vara (to be)
Det är roligt att vara på semester.
"It is nice to be on vacation."
Jag kommer att vara utomlands nästa månad.
"I'm going to be abroad next month."
Det är härligt att vara kär.
"It is wonderful to be in love."

---

nyckel (key)
Jag har ingen nyckel.
"I don't have any keys."

---

väska (bag)
Har du köpt en ny väska?
"Have you bought a new bag?"

---

skrivbord (desk)

Hans skrivbord var en enda röra, men han hittade pärmen på en gång.
"His desk was a real mess, but he found the file at once."
Telefonen är på skrivbordet.
"The black telephone is on the desk."

---

mina (my)
Har du sett mina strumpor?
"Have you seen my socks?"
Jag kan inte hitta mina glasögon.
"I can't find my glasses."

---

att ramla (to fall)
Roberto ramlade i trappan.
"Roberto fell on the stairs."

---

ner (down)
Malin har gått ner till stranden.
"Malin has gone down to the beach."
Titta inte ner!
"Don't look down!"

---

okej (okay)
Okej! Det låter bra!
"Okay! That sounds good!"
Är allt okej?
"Is everything okay?"

---

din (your)
Ta undan din tallrik!
"Take away your plate!"

Grammar Point

The Focus of This Lesson is to Learn How to Talk About the Location of an Object
Nej, dom är inte på mitt skrivbord.
"No, they aren't on my desk."

The purpose of this lesson is to learn how to talk about the location of an object

by using simple Swedish prepositions. The way prepositions are used in Swedish doesn't always correspond to how they're used in English, but we'll learn some basic ones in this lesson that will be simple to use when talking about the location of an object. The prepositions that we'll focus on are the ones that appear in this lesson's dialogue, namely *i* ("in"), *på* ("on"), and *under* ("under"). Let's have a look at how they're used in this lesson's dialogue:

1. *Nej, dom är inte i min väska.*
   "No, they aren't in my bag."
2. *Nej, dom är inte på mitt skrivbord.*
   "No, they aren't on my desk."
3. *Dom kanske är under ditt skrivbord.*
   "Maybe they're under your desk."

Now let's look at how to form sentences where we talk about the location of objects with the help of these prepositions. The sentence structure that we use is a simple statement with regular word order, such as in the sentence *Nyckeln är på bordet* ("The key is on the table"). This more specifically means that the sentence starts with the subject (*nyckeln*), followed by the verb (*är*), and then the preposition (*på*), together with the actual location (*bordet*). Let's look at some more examples where we talk about the location of *nyckeln* ("the key") using the preposition *på* ("on").

For example:

1. *Nyckeln är på TVn.*
   "The key is on the TV."
2. *Nyckeln är på vardagsrumsbordet.*
   "The key is on the living room table."

We can also use the same type of sentence structure to talk about the location of an object by using the preposition *i* ("in"). We'll continue to illustrate this by talking about the location of *nyckeln* ("the key").

For example:

1. *Nyckeln är i väskan.*
   "The key is in the bag."
2. *Nyckeln är i nyckelskåpet.*
   "The key is in the key cabinet."

Finally, we'll also look at how to talk about the location of an object by using the preposition *under* ("under"). As before, we'll use the same sentence structure and the example of *nyckeln* ("the key").

For example:

1. *Nyckeln är under bordet.*
   "The key is under the table."
2. *Nyckeln är under TV-bänken.*
   "The key is under the TV-stand."

Language Tip

In the sentences above, we explicitly used the noun *nyckeln* ("the key") when talking about the location of it. However, it's possible and suitable to substitute this with the Swedish pronoun for "it," which is *den* (singular) or *dem/dom* (plural), when it's clear from the context what you're talking about. Let's look at some examples where *nyckeln* ("the key") has been substituted with *den* ("it").

For example:

1. *Den är på bordet.*
   "It's on the table."
2. *Den är i väskan.*
   "It's in the bag."
3. *Den är under TV-bänken.*
   "It's under the TV-stand."

Cultural Insight

Lost Property in Sweden

For this lesson's cultural insight, we'll talk a bit about what to do if you actually lose something, or if something is stolen from you while visiting Sweden. To start with, it's always good to report that you've lost something or something has been stolen from you to the police. That way, the police will know who owns the object you lost if someone finds it and turns it in. If you think you know where you lost your belongings, such as in a cafe or in a store, it's probably easiest to call the actual place and ask them. If you lost or forgot your belongings while traveling on public transportation, you should try to call the company's customer services. Some public transportation companies such as SL, which operates in

Stockholm, have their own lost and found, which you can visit or contact by phone. Finally, if you happen to find something that someone else has forgotten or dropped, it's your obligation to return the object to the police or to the owner within fourteen days. If the object is not returned to the police or its owner within fourteen days, and not reported to the police, it's actually considered a felony in Sweden. If you do return the object to the police, and the object happens to be of any value, the owner is obliged to pay you a 10% finder's fee.

Make Sure You've Packed Everything For Your Swedish Trip!

Lesson Track

Lesson Review Track

Lesson Dialog Track

Learn Swedish with our site! Going on a trip is very exciting, especially if you're a student taking a trip with your class. Your Swedish coworker's daughter is about to go on her first class trip, and as she tells you all about it while her dad's packing up his stuff for the day, you can't help but think back to your first class trip. Even though you were very nervous about being away from home, it was so much fun!

In this Lower Beginner lesson, you will learn how to express ownership. You will also learn about class trips in Sweden. Visit us at our site, where you will find many more fantastic Swedish lessons and learning resources. Leave us a message while you are there!

Line-By-Line Transcript

Formal Swedish
Hans: Anna! Vi måste åka nu! Är du klar?
Anna: Ja, jag måste bara hämta min väska.
Hans: Har du packat ner dina gummistövlar?
Anna: Ja, jag har packat ner mina gummistövlar.
Hans: Bra! Har du tagit dina badkläder?
Anna: Ja, pappa! Jag har tagit mina badkläder.

Formal English
Hans: Anna! We've got to go now! Are you ready?
Anna: Yes, I just have to get my bag.
Hans: Have you packed your rain boots?
Anna: Yes, I've packed my rain boots.
Hans: Great! Have you taken your swimwear?
Anna: Yes, Dad! I've taken my swimwear.

Vocabulary List

Swedish / English / Class
nu *now* adverb
klar *ready* adjective
bara *just* adverb
att packa ner *to pack* verb
att hämta *to get* verb
väska *bag* noun
gummistövel *rain boot, welly* noun
badkläder *swimwear* noun
mina *my* pronoun
dina *yours* pronoun

Expansion Section

nu (now)
Ska vi äta nu?
“Shall we eat now?”
Jag har inte tid nu.
"I don't have time now."
Nu är det dags att äta.
"Now it’s time to eat."

---

klar (ready)
Jag är inte klar ännu.
“I’m not ready yet.”

---

bara (just)
Jag ska bara ringa Roberto.
"I'm just going to call Roberto."

---

att packa ner (to pack)
Jag har packat ner allt.
"I've packed everything."

---

att hämta (to get)
Jag ska åka och hämta Elsa på dagis.
"I'm going and pick up Elsa at kindergarten."

Kan du hämta tidningen?
"Can you get the newspaper?"

---

väska (bag)
Har du köpt en ny väska?
"Have you bought a new bag?"

---

gummistövel (rain boot, welly)
Jag har köpt nya gummistövlar.
"I bought new wellies."

---

badkläder (swimwear)
Maria ska köpa nya badkläder.
"Maria is going to buy new swimwear."

---

mina (my)
Har du sett mina strumpor?
"Have you seen my socks?"
Jag kan inte hitta mina glasögon.
"I can't find my glasses."

---

dina (yours)
Dina skolböcker är i din väska.
"Your schoolbooks are in your bag."

Grammar Point

The Focus of this Lesson is Expressing Ownership.
Jag har tagit mina badkläder.
"I've taken my swimwear."

In this lesson, we'll focus on how to express ownership by using plural forms of possessive pronouns. In two previous lessons, we've already learned how to use the pronouns *min / mitt* ("my") and *din / ditt* ("your") when referring to a noun in its indefinite singular form. As you might remember, *min* ("my") and *din* ("your") are used when referring to common gender nouns, or *en*-nouns, as they're sometimes also called. *Mitt* ("my") and *ditt* ("your"), on the other hand,

are used when instead we're referring to neuter gender nouns, or *ett*-nouns, as they're also called. Let's look at some examples to refresh our memory about the usage of *min / mitt* ("my") and *din / ditt* ("your"). We'll use the common gender noun *en bok* ("a book") and the neuter gender noun *ett pennskrin* ("a pencil case").

For example:

1. *Min bok.*
   "My book."
2. *Din bok.*
   "Your book."
3. *Mitt pennskrin.*
   "My pencil case."
4. *Ditt pennskrin.*
   "Your pencil case."

Now it's time to learn how to express ownership of something that isn't in its singular form, but is in its indefinite plural form. There are several examples of how to do this in this lesson's dialogue, and we'll have a look at them here.

For example:

1. *Har du tagit <u>dina</u> badkläder?*
   "Have you taken your swimwear?"
2. *Har du packat ner dina gummistövlar?*
   "Have you packed your wellies (rain boots)?"
3. *Jag har tagit mina badkläder.*
   "I've taken my swimwear."
4. *Ja, jag har packat ner <u>mina</u> gummistövlar.*
   "Yes, I've packed my wellies."

As you might have noticed when looking at the sentences above, the pronouns used to express ownership over a noun in its plural form are *dina* ("yours") and *mina* ("my") in Swedish. Now we'll learn how to form simple sentences where we use *dina* ("yours") and *mina* ("my") to express ownership. We'll do so by using a sentence structure like the following: *Det är dina/mina* + [noun in its indefinite plural from] ("It's your/my [noun]"). Let's look at some examples where we're referring to the indefinite plural form of the nouns *böcker* ("books") and *pennskrin* ("pencil cases").

For example:

For example:

1. *Det är mina böcker.*
   "They're my books."
2. *Det är dina böcker.*
   "They're your books."
3. *Det är mitt pennskrin.*
   "They're my pencil cases."
4. *Det är dina pennskrin.*
   "They're your pencil cases."

Cultural Insight

Class Trips in Sweden

Going on a class trip is not an uncommon activity for Swedish school students. How often classes go on school trips varies from class to class, but it's not uncommon that classes go once at the end of the third, the sixth, and the ninth grade, since these are often times when classes split up to form new classes or go off to high school. According to Swedish law, schools are not allowed to take out any higher fees for going on school trips. But the law does allow parents to make voluntary donations, and it's not uncommon that the students, with the assistance of their parents, arrange different kinds of activities together to raise money for their school trip. Such activities can be, for example, to sell lottery tickets, arrange discos at their schools, or distribute advertisements. The destination for the actual school trip naturally varies depending on how much money the class has managed to raise. Some classes will just go somewhere close and spend one night, while classes that have managed to raise a lot of money, or have very generous parents, might go abroad.

Is Something Making You Angry in Sweden?

Lesson Track

Lesson Review Track

Lesson Dialog Track

Learn Swedish with our site! Sometimes it just helps to be able to talk about how you are feeling. The more Swedish you learn, the more you find you can talk about your problems and worries with your Swedish friends. Before, you would Skype a friend or family member back home, and while it was good to talk to them, it wasn't quite the same. You're so glad to have your Swedish friends!

In this Lower Beginner lesson, you will learn how to express your feelings in Swedish. We'll go over the Swedish words for some of the most commonly talked-about emotions. You will also learn about the Swedish education system. Visit us at our site, where you will find many more fantastic Swedish lessons and learning resources. Leave us a message while you are there!

Line-By-Line Transcript

Formal Swedish
Kerstin: Jens, vad har hänt? Är du ledsen?
Jens: Nej, det är inget.
Kerstin: Men jag ser ju att du är ledsen. Berätta vad som hänt.
Jens: Jag är inte ledsen. Jag är arg!
Kerstin: Arg?
Jens: Ja, jag blev inte godkänd på mitt matteprov.
Kerstin: Ah. Jag förstår. Du som pluggade så hårt.
Jens: Ja, jag är så besviken!

Formal English
Kerstin: Jens, what has happened? Are you sad?
Jens: No, it's nothing.
Kerstin: But I can see that you're sad. Tell me what has happened.
Jens: I'm not sad. I'm angry!
Kerstin: Angry?

Jens: Yes, I didn't pass my math exam.
Kerstin: Ah, I see. You who studied so hard.
Jens: Yes, I'm so disappointed!

Vocabulary List

Swedish / English / Class
att hända *to happen* verb
ledsen *sad*
inget *nothing* pronoun
men *but* conjunction
att berätta *to tell* verb
arg *angry* adjective
att plugga *to study* verb
hårt *hard* adverb
besviken *disappointed* adjective
matteprov *math exam* noun

Expansion Section

att hända (to happen)
Man vet aldrig vad som kan hända.
"You never know what can happen."

---

ledsen (sad)
Den ledsna tonåringen sitter ensam.
"The sad teenager is sitting alone."

---

inget (nothing)
Inget är roligt.
"Nothing is fun."
Det finns inget att göra.
"There is nothing to do."

---

men (but)
Det är soligt ute men kalt.
"It is sunny outside but cold."

---

att berätta (to tell)

Berätta inte för någon.
"Don't tell anyone."

---

arg (angry)
Det är ok, jag är inte arg.
"It's ok, I'm not angry."
Är du arg?
"Are you angry?"

---

att plugga (to study)
Jag måste plugga.
"I have to study."

---

hårt (hard)
Det är hårt att både jobba och plugga.
"It's hard to both work and study."

---

besviken (disappointed)
Lisa är besviken.
"Lisa is disappointed."

---

matteprov (math exam)
På fredag har jag matteprov.
"On Friday I have a math exam."

Grammar Point

The Focus of this Lesson is Learning How to Express Feelings.
Jag är arg!
"I'm angry!"

In this lesson, we'll learn how to express our feelings. Expressing your feelings can be done in many ways in Swedish, but this lesson will only cover how to do that by using the verb *att vara* ("to be"). Examples of how to express feelings by using this specific word can be found in this lesson's dialogue. Let's have a look:

Examples from this dialogue:

1. *Jag är arg!*
   "I'm angry!"

2. *Jag är så besviken.*
   "I'm so disappointed."

Forming these kinds of sentences is easy. You simply use the personal pronoun *jag* ("I"), together with the verb *att vara* ("to be") in its present tense *är* ("am") to form the statement *jag är* ("I am"). This is then followed by any adjective that describes what you're feeling. This means that we have a sentence formula that looks like this: *Jag är* + [adjective describing feeling] ("I'm [adjective describing feeling]."). Let's illustrate this with some examples where we use the adjectives *glad* ("happy"), *ledsen* ("sad"), and *förbannad* ("furious").

For example:

1. *Jag är glad.*
   "I'm happy."
2. *Jag är ledsen.*
   "I'm sad."
3. *Jag är förbannad.*
   "I'm furious."

Sometimes when we want to express our feelings, it can also be good to use an intensifier so what you're expressing really corresponds to what you're actually feeling. Two intensifiers that can be handy are the adverbs *så* ("so") and *jätte* ("really"). *Så* ("so") was used for the example in this lesson's dialogue when Jens said, *Jag är så besviken* ("I'm so disappointed."). In order to use these intensifiers appropriately, in the sentence structure we just learned, we need to place them before the adjective. We'll use the same sentences as we had previously, but this time with the intensifiers *så* and *jätte*.

For example:

1. *Jag är jätteglad.*
   "I'm really happy."
2. *Jag är så ledsen.*
   "I'm so sad."
3. *Jag är jätteförbannad.*
   "I'm really furious."

Here are some additional adjectives that can come in handy when you want to express feelings.

Positive feelings Negative feelings
överlycklig "overjoyed" irriterad / "irritated"
optimistisk / "optimistic" / *oroad/bekymrad* / "worried"
road / "amused" / *förkrossad* / "devastated"
upprymd "exhilarated" sårad / "hurt"

Language Tip

While the goal of this lesson was to learn how to express your feelings, we can also use what we have learned to make statements about other people's feelings by simply changing the pronoun *jag* ("I") to another pronoun, such as *han* ("he"), *hon* ("she"), or just the name of the person. Here are some examples:

1. *Han är glad.*
   "He's happy."
2. *Hon är ledsen.*
   "She's sad."
3. *Jens är förbannad.*
   "Jens is furious."

Cultural Insight

Education in Sweden

The mandatory Swedish school system for children and youth consists of nine years, and the children start when they are six or seven years old and leave school when they are fifteen or sixteen years of age. In Sweden, we have a long tradition of giving grades to students, although what has been graded and from what grade level the students receive grades has varied. Until 1962, for example, students were graded not only on their actual school performance but also on their behavior in class, in regards to order and conduct. In today's system, which was changed as late as 2011, the students receive grades starting in sixth grade. The scale for grades is a six-scale grading system, where A is the highest, and F is the lowest. What is actually graded is the school performance of the pupil. And students who have been absent from class to such an extent that the teacher can't judge their performance will, therefore, not receive any grade. The grades received in the mandatory school system are then used in order to get into the specific high school program the student wishes to enter. The six-scale grading system was also recently implemented in the Swedish high school system.

Finding A Bike To Ride in Sweden

Lesson Track

Lesson Review Track

Lesson Dialog Track

Learn Swedish with our site! You're already running late for work at your Swedish office, so when you get outside and realize your bike isn't where you left it, it's all you can do not to scream in frustration. Running back inside, you ask your roommate in Swedish where your bike is, and he immediately looks guilty and starts apologizing for borrowing it last night and leaving it outside a bar. He'd better hope it's still there, but in the meantime, you need to get a cab right away!

In this Lower Beginner lesson, you will learn how to express ownership. You will also learn how to ask to borrow something that belongs to someone else and also about transportation in Sweden, particularly transportation to schools there. Visit us at our site, where you will find many more fantastic Swedish lessons and learning resources. Leave us a message while you are there!

Line-By-Line Transcript

Formal Swedish
Anna: Mamma. Kan jag låna din cykel?
Kerstin: Nej, jag ska cykla till jobbet.
Anna: Kan jag låna pappas cykel då?
Kerstin: Nej, den har punka. Kan du inte låna Jens cykel?
Anna: Nej, han blir så arg när jag lånar hans saker.
Kerstin: Har du frågat din mormor?
Anna: Nej.
Kerstin: Ring henne. Jag lovar att du får låna din mormors cykel.

Formal English
Anna: Mom. Can I borrow your bike?
Kerstin: No, I'm going to bike to work.
Anna: Can I borrow Dad's bike then?

Kerstin: No, it has a flat tire. Can't you borrow Jens' bike?
Anna: No, he gets so angry when I borrow his things.
Kerstin: Have you asked your grandmother?
Anna: No.
Kerstin: Call her. I promise that you'll be able to borrow your grandmother's bike.

Vocabulary List

Swedish / **English** / **Class**
att låna *to borrow* verb
kan *can*
cykel *bicycle* noun
jobb *job* noun
då *then (here, "in that case")* adverb
punka *flat tire* noun
arg *angry* adjective
sak *thing* noun
mormor *grandmother* noun
att ringa *to call, to ring* verb

Expansion Section

att låna (to borrow)
Jag ska till biblioteket och låna en bok.
“I'm going to the library to borrow a book.”

---

kan (can)
Kan du köpa ägg på vägen hem?
"Can you buy eggs on the way home?"

---

cykel (bicycle)
I Stockholm fanns det år 1896 nästan 5000 cyklar.
"In Stockholm, there were almost 5,000 bicycles in 1896."

---

jobb (job)
Jag har fått ett nytt jobb.
"I have got a new job."

---

då (then (here, "in that case"))
Vad ska du göra då?
"What are you gonna do then?"
Då måste jag ta ett paraply.
"In that case, I'll have to take an umbrella."

---

punka (flat tire)
Robertos cykel har punka.
"Roberto's bike has a flat tire."

---

arg (angry)
Det är ok, jag är inte arg.
"It's ok, I'm not angry."
Är du arg?
"Are you angry?"

---

sak (thing)
Du lånar alltid mina saker utan att fråga.
"You always borrow my things without asking."

---

mormor (grandmother)
Min mormor är åttio år gammal.
"My grandmother is 80 years old."

---

att ringa (to call, to ring)
Väckarklockan ringde klockan sju.
“The alarm clock rang at seven.”
Jag har inte haft tid att ringa Lisa.
"I haven’t had time to call Lisa."

Grammar Point

The Focus of this Lesson is Learning How to Express Ownership.
Kan jag låna pappas cykel då?
"Can I borrow Dad's bike then?"

The purpose of this lesson is to learn how to express ownership by using genitive

nouns in Swedish. Genitive is a form of a noun that denotes a person or a thing that possesses something. Forming genitive nouns in Swedish is very straightforward; you simply add an *-s* to the end of a noun. Let's look at some examples from this lesson's dialogue:

1. *Kan jag låna pappas cykel då?*
   "Can I borrow Dad's bike then?"
2. *Jag lovar att du får låna din mormors cykel.*
   "I promise that you'll be able to borrow your grandmother's bike."

Now we'll learn how to form simple sentences where we express ownership by using genitives. We'll use the following sentence structure: *Det är [noun +s] + [name of object]* ("It's [name's] [object]"). Let's illustrate this with the names Anna and Kerstin and the nouns *mormor* ("grandmother") and *morfar* ("grandfather").

For example:

1. *Det är Annas cykel.*
   "It's Anna's bike."
2. *Det är Kerstins cykel.*
   "It's Kerstin's bike."
3. *Det är mormors cykel.*
   "It's grandmother's bike."
4. *Det är morfars cykel.*
   "It's grandfather's bike."

There's one important exception when it comes to forming genitive nouns in Swedish that might be good to be aware of. If the genitive is the name of a person, and that name ends in an *-s*, then the additional *-s* is not added. This was, for example, the case when Kerstin, in this lesson's dialog, told Anna, *Kan du inte låna Jens cykel?* ("Can't you borrow Jens' bike?"). Let's further illustrate this by using the names Hans, Anders, Måns, and Lars--all names that end in *-s*.

For example:

1. *Det är Hans bok.*
   "It's Hans' book."
2. *Det är Anders penskrin.*

"It's Anders' penbox."
3. *Det är Måns nyckel.*
   "It's Måns' key."
4. *Det är Lars skrivbord.*
   "It's Lars' desk."

Language Tip

Instead of using genitive nouns, we can also use the possessive form of personal pronouns, such as *hans* ("his") and *hennes* ("her"). Using such personal pronouns can sometimes sound more natural if it's already clear from the context whom you are referring to. The name of the person is then replaced by either *hans* or *hennes.* Here are some examples.

1. *Det är hennes bok.*
   "It's her book."
2. *Det är hans penskrin.*
   "It's his pencil case."
3. *Det är hennes nyckel.*
   "It's her key."
4. *Det är hans skrivbord.*
   "It's his desk."

Cultural Insight

Getting to School in Sweden

In this lesson, Anna wants to borrow a bike so she can ride it to school, which leads us to the question: How do Swedish children and youth get to school every day? There is, of course, no single and straightforward answer to this question, since this varies depending on where the family lives in relation to the school and so forth. But there are regulations that give us insights into how school children and youth get to and from school. In Sweden, all school children who attend the nine-year mandatory school system are entitled to get free transportation if they fulfill certain criteria. These criteria are based on the distance between the school and the student's home and the age of the child. The older the child or youth gets, the longer a distance between their home and school is required in order to get access to free transportation. The transportation that is offered is, in most cases, public transportation by bus or train. For children with disabilities, special transportation is sometimes arranged

children with disabilities, special transportation is sometimes arranged.

Did You Like That Swedish Movie?

Lesson Track

Lesson Review Track

Lesson Dialog Track

Learn Swedish with our site! Making small talk is an important skill to have if you're going to get to know people, but you've never been very good at it, even in your native language of English! So when your Swedish friends kept telling you to work on your Swedish small talk, you thought it would be impossible. But for some reason, you've found it easier than in English!

In this Lower Beginner lesson, you will learn how to keep a conversation in Swedish going. Specifically, you'll be able to ask how things were, in order to get more information about the specifics of whatever you're talking about with someone. Visit us at our site, where you will find many more fantastic Swedish lessons and learning resources. Leave us a message while you are there!

Line-By-Line Transcript

Formal Swedish
Kerstin: Hej Hanna!
Hanna: Hej.
Kerstin: Hur är det med dig?
Hanna: Det är bara bra.
Kerstin: Har du gjort något roligt på sistone?
Hanna: Ja, igår var jag och min man på bio.
Kerstin: Jaha! Hur var det?
Hanna: Det var trevligt.

Formal English
Kerstin: Hi, Hanna!
Hanna: Hi.
Kerstin: How are you?
Hanna: Just great.
Kerstin: Have you done anything fun lately?

Hanna: Yes, yesterday my husband and I went to the movies.
Kerstin: I see! How was it?
Hanna: It was nice!

Vocabulary List

Swedish / English / Class
bara bra *just great* phrase
hur *how* adverb
dig *you*
roligt *fun* adjective
på sistone *lately* adverb
att göra *to do* verb
igår *yesterday* adverb
man *husband, man* noun
bio *movie* noun
jaha *I see* interjection

Expansion Section

bara bra (just great)
Det är bara bra, tack.
"It's just fine, thank you."

---

hur (how)
Hur mår du?
"How are you?"

---

dig (you)
Jag älskar dig.
"I love you."

---

roligt (fun)
Hej, roligt att träffa dig igen!
"Hello, nice to see you again!"
Inget är roligt.
"Nothing is fun."

---

på sistone (lately)

Jag har inte mått så bra på sistone.
"I haven't been well lately."

---

att göra (to do)
Vad ska jag göra?
“What should I do?”
Jag vet inte vad jag ska göra.
"I don’t know what to do."
Det finns inget att göra.
"There is nothing to do."

---

igår (yesterday)
Jag var hos tandläkaren igår.
“I was at the dentist yesterday.”

---

man (husband, man)
Min man jobbar på IKEA.
"My husband works at IKEA."

---

bio (movie)
Roberto och Anna gick på bio.
"Roberto and Anna went to the movies."

---

jaha (I see)
Jaha! Vad bra!
"I see! That's great!"
Jaha, det var det.
"Oh well, that was it."

Grammar Point

The Focus of this Lesson is Learning How to Keep a Conversation Going.
Hur var det?
"How was it?"

The purpose of this lesson is to learn some simple expressions and questions that will help you to keep a conversation going with people you interact with.

The first thing we'll look at is ways in which you can ask people how they're doing. This is not only a good question to ask to start a conversation or keep one going, but it's also something that's nice to ask to show people that you take an interest in them. In this lesson's dialogue, Kerstin used the phrase, *Hur är det med dig?* ("How are you?") when meeting her acquaintance Houria. This way of asking someone how they're doing is commonly used among friends as well as acquaintances, and it is suitable for many occasions. A more casual way of asking someone how they're doing is by using the phrase, *Hur är läget?* or simply, *Läget?*, both of which correspond to the English, "What's up?" As you might suspect, this is something that's more commonly used between friends and usually between teenagers and young adults rather than middle-aged men and women or senior citizens. If you find yourself in a situation that requires you to be a bit more formal, the phrase, *Hur mår du?*, meaning "How are you?" or "How are you doing?" is probably a better option. *Hur mår du?* can be used among friends as well, but it has a more formal sound to it than, *Hur är det med dig?*

Next we'll look at some common Swedish interjections that can easily be used in a conversation to show the person you're listening to that you're actually listening. In this lesson's dialogue, for example, Kerstin used the interjection *Jaha!*, meaning "I see!" *Jaha!* is suitable to show that you found something the speaker said particularly interesting, fascinating, or even surprising. When using this type of interjection, it's also important to match the tone of your voice so it corresponds to an actual reaction of what someone has told you. If you exaggerate your reaction, or if the tone of your voice is too flat, it might seem like you are sarcastic or not really interested in what the other person just said. Knowing one interjection is often not enough, since repeating the same one over and over might convey a message that you are bored with the conversation. A good alternative to *Jaha!* is *Jaså*, which is basically used in the same way, and therefore, corresponds to "I see!" or "Oh!"

Finally, in order to keep a conversation going, we'll also look at some open-ended questions that can be used to encourage the person you're speaking with to continue talking. One of the open-ended questions that can easily be applied in many conversations is the one used by Kerstin in this lesson's dialogue when she asks Houria about her trip to the movies by saying, *Hur var det?* ("How was it?"). This question is very useful because it's very general and, therefore, can be asked as soon as someone has told you that they've done any kind of activity. Also, because it's a question that requires more than a "yes" or "no" answer, it's more likely that the person you're talking to will continue talking. Another way

of keeping the conversation going is to ask people about an activity that you know they've done or experienced but that they haven't told you about yet. You might, for example, know that they had a vacation recently or that they went to a party the other weekend. One simple way of asking about this is by using the form *Hur var* + [noun in its definite singular form]*?* ("How was [noun]?") Let's illustrate this with a few examples.

For example:

1. *Hur var semestern?*
   "How was the vacation?"
2. *Hur var festen?*
   "How was the party?"
3. *Hur var klassträffen?*
   "How was the class reunion?"

Cultural Insight

Making Small Talk in Swedish

Making small talk as Kerstin and Hanna are doing in this lesson's dialogue can be tricky, regardless of the culture or language you do it in. Therefore, we will talk about some subjects that can be suitable to talk about when engaging in small talk with Swedish people. As in many other cultures, making small talk by talking about the weather is perfectly fine in Sweden. Here, you can comment on the current weather or say something about yesterday's weather or what the weather is going to be like in the near future. Even if you want to be on your best behavior when you meet new people, it's perfectly acceptable to complain a bit about the weather.

Another topic that is usually safe for small talk is to ask about what someone does for a living and get them to talk a bit about that. Swedes are pretty casual, but that doesn't mean that you should bring up very personal issues or problems when you engage in small talk. If you feel unsure of what is suitable to talk about, you can always stick to topics similar to ones the person you're talking to is bringing up. Basic things like education, family, hobbies, and work are usually safe subjects.

Expressing Your Feelings of Joy in Swedish

Lesson Track

Lesson Review Track

Lesson Dialog Track

Learning Swedish with our site is the most fun and effective way to learn Swedish! Some people find it hard to express their feelings no matter what language they are speaking, but it still helps to know some Swedish adjectives to use when you're expressing emotions, because you'll probably hear them quite a bit.

In this Lower Beginner lesson, you will learn how to express your feelings in Swedish. You will also learn about homework help or tutoring in Sweden. Visit us at our site, where you will find many more fantastic Swedish lessons and learning resources. Leave us a message while you are there!

Line-By-Line Transcript

Formal Swedish
Jens: Mamma! Mamma! Gissa vad som har hänt!
Kerstin: Vad?
Jens: Jag klarade matteprovet!
Kerstin: Grattis!
Jens: Tack!
Kerstin: Vad roligt för dig!
Jens: Jag känner mig så glad!
Kerstin: Jag förstår det. Jag känner mig väldigt stolt över dig.
Jens: Tack!

Formal English
Jens: Mom! Mom! Guess what happened!
Kerstin: What?
Jens: I passed the math exam!
Kerstin: Congratulations!
Jens: Thanks!

Kerstin: Good for you!
Jens: I feel so happy!
Kerstin: I can understand that. I feel very proud of you.
Jens: Thanks!

Vocabulary List

Swedish / English / Class
att gissa *to guess* verb
mig *me*
att klara *to pass* verb
grattis *congratulations*
Vad roligt för dig! *Good for you!* expression
att känna *to feel* verb
glad *happy* adjective
att förstå *to understand* verb
stolt *proud* adjective
väldigt *very* adverb

Expansion Section

att gissa (to guess)
Jag vet inte det rätta svaret, men jag kan gissa.
"I don’t know the right answer, but I can guess."

---

mig (me)
Hon såg mig inte.
"She didn't see me."

---

att klara (to pass)
Vad kommer hända om du inte klarar provet?
"What is going to happen if you don't pass the exam?"

---

grattis (congratulations)
Grattis, min vän!
"Congratulations, my dear!"

Vad roligt för dig! (Good for you!)
Jag hörde att du fick jobbet. Vad roligt för dig!

"I heard that you got the job. Good for you!"

---

att känna (to feel)
Jag känner mig helt slut.
"I feel exhausted."

---

glad (happy)
Lisa blev glad när Peter ringde.
"Lisa was happy when Peter rang."

---

att förstå (to understand)
Det är roligt förstå ett annat språk.
"It is fun to understand another language."

---

stolt (proud)
Jens känner sig stolt.
"Jens feels proud."

---

väldigt (very)
Det är väldigt varmt här inne.
"It's very warm in here."

Grammar Point

The Focus of this Lesson is to Learn How to Express Feelings.
Jag känner mig så glad!
"I feel so happy!"

In this lesson, we'll continue to learn how to express feelings. In a previous lesson, we learned how to do this by using the verb *att vara* ("to be"). In this lesson, we'll instead learn how to express feelings with the help of the verb *att känna* ("to feel") and the reflexive pronoun *mig* ("me"). Let's look at some examples from this lesson's dialogue:

1. *Jag känner mig så glad!*
   "I feel so happy!"
2. *Jag känner mig väldigt stolt över dig.*

"I feel very proud of you."

In order to express feelings by using the verb *att känna* together with the reflexive pronoun *mig* ("me"), we'll use a sentence structure that starts off with the personal pronoun *jag* ("I"), followed by *känner,* which is the present tense of *att känna* ("to feel"), followed with the reflexive pronoun *mig* ("me"). This is then followed by an adjective that describes the feeling you want to express. In other words, this means that we have a sentence formula that looks like this: *Jag känner mig* + [adjective describing feeling] or ("I feel [adjective describing feeling]"). Let's illustrate this with some examples where we use the adjectives *överlycklig* ("overjoyed"), *ledsen* ("sad"), and *förbannad* ("furious").

For example:

1. *Jag känner mig överlycklig.*
   "I feel overjoyed."
2. *Jag känner mig ledsen.*
   "I feel sad."
3. *Jag känner mig förbannad.*
   "I feel furious."

Here are some more examples of adjectives that can be used to express feelings.

Positive feelings / **English translation** / **Negative feelings** / **English translation**

nöjd / "satisfied" / *blyg* / "shy"
fri "free" tom / "empty"
lättad / "relieved" / *ensam* / "lonely"
stolt "proud" bräcklig / "fragile"

Language Expansion

If instead we want to make statements about other people's feelings by using the verb *att känna* ("to feel"), we simply change the pronoun *jag* ("I") to another pronoun, such as *han* ("he"), *hon* ("she"), or just the name of the person. And we also change the reflexive pronoun *mig* (me) to *sig*, which doesn't have an English counterpart but is used as a reflexive pronoun for the third person. Let's look more closely at some sentences that illustrates this.

For example:

1. *Han känner sig glad.*
   "He feels happy."
2. *Hon känner sig ledsen.*
   "She feels sad."
3. *Jens känner sig förbannad.*
   "Jens feels furious."

Cultural Insight

Homework Help

Läxhjälp, which literally translates to "homework help" is a phenomenon that has become increasingly popular in Sweden. *Läxhjälp* is basically a service offered to school children and youth who get help with their homework from someone outside their family. This service is offered for free both by different volunteer organizations and also by private companies. The *läxhjälp* that is organized on a volunteer basis is often housed in the local library, which lends its facilities to volunteer organizations such as the Red Cross. With the services that are provided by private companies, the teachers are able to visit the students' homes to help them.

One of the reasons why the phenomenon of paid *läxhjälp* is becoming more popular might have to do with the fact that people who use this service are able to take a tax-reduction for it. This is something that has also been questioned by people who think these taxes should be used instead for the public school system so that students, regardless of their parents' financial situation, can get the help they need in school.

Do You Think That Swedish Girl is Cute?

Lesson Track

Lesson Review Track

Lesson Dialog Track

Learn Swedish with our site! Some new recruits have just started at your Swedish company, and your other coworkers are having a great time gossiping about them and comparing their looks. You aren't a big fan of gossip, and it makes you wonder what people said in Swedish about you when you first started! In this Lower Beginner lesson, you will learn how to talk about someone's appearance or personality. You will also learn about what it might be OK to say about someone in Sweden and what might be considered very offensive. Visit us at our site, where you will find many more fantastic Swedish lessons and learning resources. Leave us a message while you are there!

Line-By-Line Transcript

Formal Swedish
Jens: Har du sett Anders nya tjej?
Erik: Ja, hon är söt.
Jens: Söt?! Hon är jättesnygg!
Erik: Det tycker jag inte, men hon ser bättre ut än hans ex.
Jens: Ja, hon var ful.
Erik: Mmm. Hon var jätteful.

Formal English
Jens: Have you seen Anders' new girlfriend?
Erik: Yes. She's cute.
Jens: Cute?! She's really good looking!
Erik: I don't think so, but she looks better than his ex.
Jens: Yes. She was ugly.
Erik: Mmm. She was really ugly.

Vocabulary List

Swedish / English / Class
att se *to see* verb
ny *new* adjective
tjej *girlfriend* noun
att vara *to be* verb
söt *cute* adjective
jättesnygg *really good looking* adjective
bra *good* adjective
att tycka *to think* verb
ex *ex* noun
ful *ugly* adjective

Expansion Section

att se (to see)
Det är underbart att se dig igen.
"It is wonderful to see you again."

---

ny (new)
Den här väskan är inte ny den är begagnad.
"This bag is not new, it’s second hand."

---

tjej (girlfriend)
Jens har ingen tjej.
"Jens doesn't have a girlfriend."

---

att vara (to be)
Det är roligt att vara på semester.
"It is nice to be on vacation."
Jag kommer att vara utomlands nästa månad.
"I’m going to be abroad next month."
Det är härligt att vara kär.
"It is wonderful to be in love."

---

söt (cute)
Hon är mycket söt.
"She is very cute."
Vilken söt kattunge!
"What a cute kitten!"

---

jättesnygg (really good looking)
Anna är jättesnygg.
"Anna is really good looking."

---

bra (good)
Det är bra att äta grönsaker.
"It's good to eat vegetables."

---

att tycka (to think)
Jag tycker inte att Anna är söt.
"I don't think Anna is cute."

---

ex (ex)
Jens är vän med sitt ex.
"Jens is friends with his ex."

---

ful (ugly)
Anna tycker Erkan är ful.
"Anna thinks Erkan is ugly."

Grammar Point

The Focus of this Lesson is Learning How to Talk About Someone's Appearance or Personality.
Hon är jättesnygg!
"She's really good looking!"

In this lesson, we'll learn how to talk about a person's appearance or personality using a verb that we encountered in a previous lesson, namely, the verb *att vara* ("to be"). We'll start by looking at some of the sentences that appear in this lesson's dialogue, where either Jens or Erkan is talking about the appearance of Anders' current and ex girlfriends. Let's have a look at the sentences.

Examples from this dialogue:

1. *Hon är söt.*
   "She's cute."
2. *Hon är jättesnygg.*
   "She's really good-looking."

3. *Hon var ful.*
   "She was ugly."

All of the sentences above use the same sentence structure. They all begin with the subject of the sentence, which in the examples above, is the personal pronoun *hon* ("she"). This is then followed by the verb *att vara* ("to be"), either in its present tense är ("is") or past tense *var* ("was"). Placed after the verb at the end of the sentence, is the adjective. In these examples, the adjective describes someone's appearance, but it's also possible to use adjectives here that describe someone's personality. The sentence structure we're going to learn can, therefore, be summarized in the following formula:

[Personal pronoun] + *är* + [adjective describing someone's appearance or personality].

Before we look at some concrete examples of sentences that follow this formula, it might be good to introduce some personal pronouns that can come in handy when you want to talk about someone's appearance or personality.

Personal pronouns / **English translation**
jag / "I"
hon / "she"
han / "he"
hen "he she*"* (*Hen* is a personal pronoun used only to refer to people, but it doesn't denote the gender of the person referred to.)

Now, let's use all of these pronouns together with some adjectives that are suitable to describe either someone's appearance or personality.

Examples

1. *Jag är smart.*
   "I'm smart."
2. *Han är ful.*
   "He's ugly."
3. *Hon är dum.*
   "She's stupid."
4. *Hen är charmig.*
   "He/she is charming."

Apparence adjective / **English translation** / **Personality adjective** / **English translation**

vacker / "beautiful" / *knäpp* / "crazy"
fin "fine" trevlig / "nice"
stilig / "handsome" / *otrevlig* / "rude"
attraktiv "attractive" elak / "mean"
oattraktiv / "unattractive" / *rolig* / "funny"

Language Tip

Instead of using a personal pronoun in the formula that we have just learned, it's also possible to use the actual name of the person that you are referring to. Let's illustrate this with the names Anna, Jens, and Kerstin.

For example:

1. *Anna är smart.*
   "Anna is smart."
2. *Jens är ful.*
   "Jens is ugly."
3. *Kerstin är dum.*
   "Kerstin is stupid."

Cultural Insight

Commenting on Appearance in Sweden

What is considered acceptable to remark on when it comes to someone's appearance varies greatly from culture to culture. This is partly to do with the fact that what's considered as attractive in one culture might be considered less attractive in another culture. In Sweden, as in many other western countries, being slim for women or fit for men is usually considered as something positive. This in turn means that it's usually okay to make a positive remark on someone's weight if they're slim, but it would be a deadly sin to say something along the lines of, "Oh, what wonderful round hips you have." If you want to be on the safe side, I would of course recommend that you don't make any remarks that have to do with someone's weight because you never know how people will take it. If you want to give someone a compliment, you can always say something positive about their clothes, makeup, hair, jewelry, or their appearance in general.

Swedish Candy Is Worth Fighting Over!

Lesson Track

Lesson Review Track

Lesson Dialog Track

Learning Swedish with our site is the most fun and effective way to learn Swedish! Before you came to Sweden, you had no idea how much the Swedes loved candy. You even brought a bunch of your favorite candy with you, expecting that licorice would be the only kind available in Sweden. As soon as you arrived, you realized how naive you'd been—there's candy pick-n-mix everywhere, and all your Swedish friends and coworkers have a bag of it on them at all times! In this Lower Beginner lesson, you will learn how to talk about an object's location. We'll also cover a type of popular Swedish candy you'll definitely want to try if you visit the country. Visit us at our site, where you will find many more fantastic Swedish lessons and learning resources. Leave us a message while you are there!

Line-By-Line Transcript

Formal Swedish
Anna: Har du tagit min godispåse?
Jens: Nej, det här är min godispåse.
Anna: Nej, det där är min godispåse.
Jens: Sluta! Godispåsen där borta är din godispåse.
Anna: Lägg av! Ge mig min godispåse!
Jens: Mamma! Pappa! Anna försöker ta min godispåse!

Formal English
Anna: Have you taken my bag of candy?
Jens: No, this one here is my bag of candy.
Anna: No, that one there is my bag of candy.
Jens: Stop it! The candy bag over there is your bag of candy.
Anna: Cut it out! Give me my bag of candy!
Jens: Mom! Dad! Anna is trying to take my bag of candy!

Vocabulary List

Vocabulary List

Swedish / English / Class

att ta *to take* verb
godispåse *bag of candy, candy bag* noun
Sluta! *Stop it!* interjection
Lägg av! *Cut it out!* interjection
här *here*
där *there* demonstrative pronoun
där borta *over there* adverb
att försöka *to try* verb
att ge *to give* verb
nej *no* expression

Expansion Section

att ta (to take)
Det är svårt att ta dig på allvar.
"It is difficult to take you seriously."

---

godispåse (bag of candy, candy bag)
Var är min godispåse?
"Where is my bag of candy?"

Sluta! (Stop it!)
Sluta! Det är inte roligt!
"Stop it! It's not fun!"

Lägg av! (Cut it out!)
Lägg av! Sluta reta mig!
"Cut it out! Stop teasing me!"

---

här (here)
Vad är det som händer här?
"What's happening here?"

---

där (there)
Där går en grupp tyskar.
"There goes a group of Germans."

---

där borta (over there)
Anna sitter där borta.
"Anna is sitting over there."

---

att försöka (to try)
Jag kan försöka att göra det imorgon.
"I can try to do it tomorrow."
Jag ska försöka ringa Kalle idag.
"I'm going to try to call Kalle today."

---

att ge (to give)
Ge mig ett äpple!
"Give me an apple!"
Vad kommer du att ge Lisa på hennes födelsedag?
"What are you going to give Lisa on her birthday?"

---

nej (no)
Nej tack, jag behöver inget.
"No thanks, I don't need anything."

Grammar Point

The Focus of this Lesson is How to Talk About the Location of an Object.
Nej, det där är min godispåse.
"No, that one there is my bag of candy."

In this lesson, we'll learn how to talk about the location of an object by using adverbs such as *här*, *där*, and *där borta*. We'll start by looking at some of the sentences from this lesson's dialogue in which these adverbs are used.

Examples from this dialogue:

1. *Nej, det är är min godispåse.*
   "No, this one here is my bag of candy."
2. *Nej, det där är min godispåse.*
   "No, that one there is my bag of candy."
3. *Godispåsen där borta är din godispåse.*
   "The candy bag over there is your bag of candy."

In Swedish, as in many other language, we use certain adverbs that indicate the location of an object that we're talking about in relation to the speaker. Before we look more closely at each of these adverbs and their usage, we'll look at a sentence formula that will make it easy to use these adverbs when talking about the location of an object. Here we'll use sentences like *Nycklen är här.* ("The key is here.") or *Väskan är där* ("The bag is there."). This means that we'll use a formula that looks like this:

[noun in its definite singular form] + *är* + *[här där där borta]*.

Now, let's look more closely at the adverb *här* ("here"), which is used when the speaker is talking about something that is close to himself or herself. To illustrate this, we'll use the adverb *här* together with the nouns *boken* ("the book"), *väskan* ("the bag"), and *penskrinet* ("the pencil case") in the formula previously described.

For example:

1. *Boken är här.*
   "The book is here."
2. *Väskan är här.*
   "The bag is here."
3. *Penskrinet är här.*
   "The pencil case is here."

The adverb *där* ("there"), on the other hand, is used to talk about something that's located away from the speaker (usually not that far away). To make it more comprehensible, we'll use the same nouns that we saw previously, together with the adverb *där*.

For example:

1. *Boken är där.*
   "The book is there."
2. *Väskan är där.*
   "The bag is there."
3. *Penskrinet är där.*
   "The pencil case is there."

Finally, the adverb *där borta* ("over there") is used to talk about something that's

located far away from the speaker. Let's look at some examples.

1. *Boken är där borta.*
   "The book is over there."
2. *Väskan är där borta.*
   "The bag is over there."
3. *Penskrinet är där borta.*
   "The pencil case is over there."

Language Tip

The sentence structure we just learned can also be used to talk about the location of a person. You simply replace the noun that introduced the sentence with either the name of the person you're referring to or with a personal pronoun such as *han* ("he"), *hon ("*she"), or *hen* (a gender neutral personal pronoun used to refer to a third person). Here are some examples.

1. *Han är här.*
   "He's here."
2. *Lisa är där.*
   "Lisa is there."
3. *Hans är där borta.*
   "Hans is over there."

Cultural Insight

What is Sweden's Favorite Candy?

Plockgodis, or "pick-n-mix candy," is very popular in Sweden. It has a long history in Sweden, where it was first sold behind store counters. Selling pick-n-mix behind the counter was becoming common during the 1930s. But *plockgodis* became even more popular when the customers themselves were able to actually pick and mix their own candy through self-service in 1985. Swedes consume the most pick-n-mix in the whole world, but pick-n-mix is also popular in Norway and Finland. It has been calculated that around one-hundred million bags of pick-n-mix are sold every year in Sweden and that the average weight of each bag is around three-hundred-fifty grams. Pick-n-mix is liked by many Swedes, perhaps because it gives you an opportunity to choose your absolute favorites.

However, the demographic groups who consume the most pick-n-mix are youth and women between the ages of twenty-five and sixty years old.

Talking About Your Week in Swedish

Lesson Track

Lesson Review Track

Lesson Dialog Track

Learn Swedish with our site! When you first arrived in Sweden, you filled every weekend with sightseeing because you just wanted to see everything you could in this beautiful country. After a while, you realized that you had time because you're not just on a holiday—you live in Sweden! Now, your weekends are a little more relaxed, and you get to spend them hanging out with your Swedish friends instead of traveling to and from places and rushing around! In this Lower Beginner lesson, you will learn how to refer to time and use time references in conversation. We'll also take a look at some of the common activities Swedes often enjoy doing in their spare time. Visit us at our site, where you will find many more fantastic Swedish lessons and learning resources. Leave us a message while you are there!

Line-By-Line Transcript

Formal Swedish
Maria: Hej Hans! Hur är det med dig?
Hans: Bara bra! Själv?
Maria: Det är som vanligt. Har du gjort något kul i veckan?
Hans: Ja, i måndags var jag och en kompis och tränade. Själv då?
Maria: I tisdags var jag och fikade med en väninna. Det var trevligt.
Hans: Ska du göra något roligt i helgen?
Maria: Ja, på söndag ska jag gå på bio.

Formal English
Maria: Hi, Hans! How's it going?
Hans: Just fine! And you?
Maria: Same old, same old. Did you do anything fun this week?
Hans: Yes, last Monday, a friend and I went for a workout. And you?
Maria: Last Tuesday, a friend and I went for a coffee. It was nice.
Hans: Are you doing something fun this weekend?

Maria: Yes, on Sunday, I'll go to the movies.

Vocabulary List

Swedish / English / Class

Hur är det med dig? *How is it going?* expression
Det är som vanligt. *Same old, same old.* expression
Själv då? *And you?* expression
att göra *to do* verb
kul *fun* adjective
i+(time reference)+s *last+(time reference)* adverb
på+(time reference) *on+(time reference)* adverb
kompis *friend* noun
väninna *friend (female)* noun
bio *movie* noun

Expansion Section

Hur är det med dig? (How is it going?)
Hur är det med dig? Det var länge sen vi sågs.
"How is it going? Long time no see."

Det är som vanligt. (Same old, same old.)
Det är som vanligt.
"Same old, same old."

Själv då? (And you?)
Det är bra med mig. Själv då?
"Everything is fine with me. And you?"

---

att göra (to do)
Vad ska jag göra?
“What should I do?”
Jag vet inte vad jag ska göra.
"I don’t know what to do."
Det finns inget att göra.
"There is nothing to do."

---

kul (fun)

Det var kul!
"It was fun!"
Japanska? Vad kul.
"Japanese? How fun."

---

i+(time reference)+s (last+(time reference))
Jag var ledig i tisdags.
"I was off last Tuesday."

---

på+(time reference) (on+(time reference))
Jag är ledig på tisdag.
"I'm off on Tuesday."

---

kompis (friend)
Elsa har fått en ny kompis.
"Elsa has a new friend."

---

väninna (friend (female))
Lisa är min väninna.
"Lisa is my friend."

---

bio (movie)
Roberto och Anna gick på bio.
"Roberto and Anna went to the movies."

Grammar Point

The Focus of this Lesson is using and understanding some common ways of referring to time in Swedish.
I tisdags var och fikade med en väninna.
"Last Tuesday, a friend and I went for a coffee."

In Swedish, it's not uncommon to use expressions such as *på söndag* and *i söndags* when talking about when something happened or is going to happen. But it can be difficult for beginners to understand the difference between these. Let's take a look at some sentences from this lesson's dialogue where these time references appear.

1. *Ja, i måndags var jag och en kompis och tränade.*
   "Yes, last Monday, a friend and I went for a workout."
2. *I tisdags var och fikade med en väninna.*
   "Last Tuesday, a friend and I went for a coffee."
3. *Ja på söndag ska jag gå på bio.*
   "Yes, on Sunday, I'll go to the movies."

Now, we'll have a closer look at each of these time references separately so we can learn how to use them, as well as how to understand them correctly when someone else uses them. We'll start with the easier one of the two. The preposition *på* ("on") is used together with a day of the week, such as in *på söndag* ("on Sunday"), to refer to the specific upcoming day. Let's look at some simple sentences where we use the preposition *på* ("on") together with some days of the week. To make it easier, we'll use the same sentence and just change the day.

For example:

1. *Jag jobbar på lördag.*
   "I work on Saturday."
2. *Jag jobbar på fredag.*
   "I work on Friday."
3. *Jag jobbar på onsdag.*
   "I work on Wednesday."

Next, we'll look at time references such as *i söndags,* which means "last Sunday." As you might have understood from looking at the English translation, this type of time reference is used to refer to a day that has just passed recently. In this case, it was a Sunday. Using and understanding such a time reference can be a bit more difficult because, not only do we need to use the preposition *i* ("in") with the name of a weekday, but we also have to add an additional *-s* to the end of the weekday. Again, we'll practice this using the same sentence but changing the day of the week.

For example:

1. *Jag tränade i söndags.*
   "I worked out last Sunday."

2. *Jag trände i torsdags.*
   "I worked out last Thursday."
3. *Jag tränade i tisdags.*
   "I worked out last Tuesday."

Cultural Insight

What Swedes do in their Spare Time

In this lesson's dialogue, Hans and Maria talked about different spare time activities they had engaged in, which leads us to the question: What do Swedes like to do when they're free? This of course differs from person to person, but if we look at the adult population, the most common activities are watching TV, listening to the radio, and spending time with other people. After these activities, a lot of time is also spent on playing sports and doing outdoors activities. Reading, doing different hobbies, engaging in the volunteer sector, and enjoying culture are popular as well. Youth, on the other hand, are a bit more active, and the most common spare time activities for this group are playing different types of sports or engaging in activities that relate to music, song, or dance. Meeting friends and watching movies or TV come after that.

Let's Agree...to Agree in Swedish!

Lesson Track

Lesson Review Track

Lesson Dialog Track

Learn Swedish with our site! Your Swedish coworker is trying to figure out how big of an allowance she should be giving to her daughter, who is old enough now to get one. When you tell her in Swedish how much you used to get, she looks shocked at how low it was! You remind her that life in your home country is not as expensive as it is in Sweden!

In this Lower Beginner lesson, you will learn some common ways of referring to time in Swedish. We'll also teach you how to express agreement in Swedish and tell you about the practice of paying children an allowance, which is very common in Sweden. Visit us at our site, where you will find many more fantastic Swedish lessons and learning resources. Leave us a message while you are there!

Line-By-Line Transcript

Formal Swedish
Kerstin: Jens vill ha mer i veckopeng.
Hans: Okej. Hur mycket då?
Kerstin: Han vill ha 200 kronor i veckan, men jag tycker det är för mycket.
Hans: Jag håller med.
Kerstin: Vi kan ge honom 150 kronor om han diskar två gånger i veckan.
Hans: Det låter bra.

Formal English
Kerstin: Jens wants more in weekly pocket money.
Hans: Okay. How much?
Kerstin: He wants two-hundred crowns per week, but I think it's too much.
Hans: I agree.
Kerstin: We can give him one-hundred-fifty crowns if he does the dishes twice a week.
Hans: That sounds good.

Vocabulary List

Swedish / **English** / **Class**
mer *more* adverb
veckopeng *weekly pocket money* noun
vecka *week* noun
att vilja *to want* verb
att hålla med *to agree* verb
för *too* adverb
mycket *much* adjective
det låter bra *that sounds good* phrase
två gånger *twice*two times / adverb
att ge / to give / verb

Expansion Section

mer (more)
Vill du ha lite mer kaffe?
"Would you like some more coffee?"

---

veckopeng (weekly pocket money)
Hur mycket har du i veckopeng?
"How much do you have in weekly pocket money?"

---

vecka (week)
Jag är ledig i en vecka.
"I'm off for one week."
En vecka har sju dagar.
"A week has seven days."

---

att vilja (to want)
Jag vill inte att mina barn ska spendera alla sina pengar på godis.
"I don't want my children to spend all their money on sweets."
Jag skulle vilja resa till Italien.
"I would like to travel to Italy."
Det får mig att vilja hoppa av glädje.
"It makes me want to jump for joy."

---

att hålla med (to agree)

Efter en lång diskussion höll jag med honom.
"After a long discussion I agreed with him."
Jag måste nog hålla med Lisa.
"I have to agree with Lisa."
Vad vill du göra?
"What do you want to do?"

---

för (too)
Jag har för många par skor.
"I have too many pairs of shoes."

---

mycket (much)
Hur mycket?
"How much?"

---

det låter bra (that sounds good)
Det låter som en bra ide.
"It sounds like a good idea."

---

två gånger (twice/two times)
Jag har träffat Lisa två gånger.
"I've met Lisa twice."

---

att ge (to give)
Ge mig ett äpple!
"Give me an apple!"
Vad kommer du att ge Lisa på hennes födelsedag?
"What are you going to give Lisa on her birthday?"

Grammar Point

The Focus of this Lesson is to Learn How to Express Agreement and to Talk About Time
Jag håller med.
"I agree."

The purpose of this lesson is to learn how to express agreement, which can be done in several different ways in Swedish. In this lesson's dialogue, Hans expresses agreement in two different ways. Let's look at the examples.

1. *Jag håller med.*
   "I agree."
2. *Det låter bra.*
   "It sounds good."

The first way of expressing agreement in the examples above—that is, by saying, *Jag håller med* ("I agree")—is perhaps the most general way of agreeing to something somebody is saying. You can, for example, use this when someone expresses a general opinion about politics, child rearing, or etiquette, or if someone has stated a specific opinion on what should be done in regards to a specific event. Let's start looking at some examples of specific statements to which the response *Jag håller med* ("I agree") would be suitable. We'll start with opinions of a more general nature.

For example:

1. *Det är alltid viktigt att komma i tid till ett möte.*
   "It's always important to be on time for a meeting."
2. *Man ska inte ge sina barn för mycket godis.*
   "You shouldn't give your children too much candy."
3. *Det är viktigt att rösta i allmäna val.*
   "It's important to vote in general elections."

Now we'll also look at some examples of opinions about how an activity should be carried out and in which the response *Jag håller med* ("I agree") also would be suitable.

For example:

1. *Det är bättre om vi börjar städa och sen tvättar.*
   "It's better if we start cleaning and then do the laundry."
2. *Det är bättre om vi först läser det vi skrivit, sen kan vi diskutera det.*
   "It's better if we start reading what we have written; then we can discuss it."

The second way of agreeing that was used in this lesson's dialogue, *Det låter bra* ("It sounds good"), is perhaps more useful in situations where someone has given a concrete suggestion on how an activity should be carried out. You can,

of course, also use *Jag håller med* ("I agree") in these situations, but *Det låter bra* will, in most cases, sound more relaxed and natural. Here are some examples of statements to which *Det låter bra* ("It sounds good") would be an appropriate response.

For example:

1. *Det är bäst om vi börjar med att tvätta fönstrerna.*
   "It's better if we start with washing the windows."
2. *Det är bättre om vi gör det imorgon istället.*
   "It's better if we do it tomorrow instead."
3. *Vad sägs om att vi städar först?*
   "How about we clean up first?"

Sometimes it's difficult to know whether or not to agree to a statement, simply because you're not entirely sure what someone meant. This can be particularly true when you're in the process of learning a new language. One way of asking the person who made the statement to elaborate a bit more is to use the phrases *Jag förstår inte* ("I don't understand") or *Hur menar du då?* ("What do you mean?").

Cultural Insight

Allowance

In this lesson, Hans and Kerstin are discussing whether to raise Jens' weekly allowance, and we'll, therefore, spend some time talking about how much Swedish children and youth get and some of the requirements that might come with it. To start with, giving your children a weekly allowance is fairly common in Sweden, and statistics have shown that about seventy percent of children receive some kind of allowance. Younger children often get a weekly allowance, while older children and youth are more likely to get a monthly allowance. The amount of the allowance also often increases by age, and children between the ages of six and eight years received twenty-six crowns a week, while youth between the ages of fifteen and seventeen got 713 crowns per month on average. The great majority of children who receive weekly or monthly allowance are expected to do something in return. Among the most common chores are things like cleaning their room, doing their homework, and doing the dishes.

Is There Enough Time To Finish This Swedish Task?

Lesson Track

Lesson Review Track

Lesson Dialog Track

Learning Swedish with our site is the most fun and effective way to learn Swedish! Being a student can be tough, especially if it feels like you'll never have enough time to get all of your homework done. When you first arrived in Sweden and started at your Swedish language school, you had no free time at all! At least you were working towards something useful though!

In this Lower Beginner lesson, you will learn how to use some common time references in Swedish. We will also tell you about how stressful being a student in Sweden can be. Visit us at our site, where you will find many more fantastic Swedish lessons and learning resources. Leave us a message while you are there!

Line-By-Line Transcript

Formal Swedish
Anna: Hej! Förlåt att jag är sen.
Robert: Det är lugnt.
Anna: Har du väntat länge?
Robert: I en timme.
Anna: Oj! När måste du åka?
Robert: Jag måste ta bussen som går om två timmar.
Anna: Hinner vi göra klart läxan då?
Robert: Ja! Vi är klara på en timme.

Formal English
Anna: Hi! Sorry I'm late.
Roberto: It's cool!
Anna: Have you been waiting for a long time?
Roberto: For an hour.
Anna: Oh! When do you have to go?
Roberto: I have to take the bus that leaves in two hours.

Anna: Will we have time to finish the homework then?
Roberto: Yes! We'll be done within an hour.

Vocabulary List

Swedish / **English** / **Class**
förlåt *sorry* interjection
sen *late* adjective
det är lugnt *it's cool* expression
i *for* preposition
på *within* preposition
om *in* preposition
läxa *homework* noun
att vänta *to wait* verb
måste *to have to, must* verb
buss *bus* noun

Expansion Section

förlåt (sorry)
Förlåt att jag skrek åt dig.
"Sorry I screamed at you."

---

sen (late)
Varför är du sen?
"Why are you late?"

---

det är lugnt (it's cool)
Det gör inget. Det är lugnt.
"It's nothing. It's cool."

---

i (for)
Jag var på biblioteket i en timme.
"I was at the library for an hour."

---

på (within)
Jag är klar på två minuter.
"I'll be done within two minutes."

---

om (in)
Jag är klar om tre timmar.
"I'm done in three hours."

---

läxa (homework)
Har du någon läxa?
"Do you have any homework?"

---

att vänta (to wait)
Jag fick vänta på bussen.
"I had to wait for the bus."

---

måste (to have to, must)
Jag måste gå nu, hej hej.
"I need to go now, bye."
Du måste skynda dig!
“You have to hurry up!”

---

buss (bus)
Man måste köpa bussbiljett innan man går på en buss i Stockholm.
"You have to buy a bus ticket before you get on a bus in Stockholm."

Grammar Point

The Focus of this Lesson is on How to Use Some Common Swedish Time References.
Vi är klara på en timme.
"We'll be done within an hour."

In this lesson, we'll continue to learn to master some common time references used in Swedish. In this lesson's dialogue, you've seen examples of time references such as *i en timme*, *på en timme*, and *om två timmar*, which all have different meanings. Before we look closer at how to use each of these time references, we'll review the sentences used in this lesson's dialogue in which these appear.

Examples from this dialogue:

1. *I en timme.*
   "For an hour."

2. *Jag måste ta bussen som går om två timmar.*
   "I have to take the bus that leaves in two hours."
3. *Vi är klara på en timme.*
   "We'll be done within an hour. "

For all of these time references, we need to use different prepositions, such as *i*, *på*, and *om*, together with numbers that represent the amount of time, such as *ett* ("one"). We also need to use the name of a time unit, such as *sekund* ("second"), *minut* ("minute") or *timme* ("hour"). In order to understand and use the types of time references that appear in this lesson's dialogue, we'll start by reviewing the numbers one to ten, and then we'll look at some units of time. Finally, we'll look at how to use these together with the propositions *i*, *på*, and *om* to create different types of time references.

We'll, therefore, start to review numbers one to ten.

Number / **Swedish** / **English**

1 / *en* / "one"
2 / *två* / "two"
3 / *tre* / "three"
4 / *fyra* / "four"
5 / *fem* / "five"
6 / *sex* / "six"
7 / *sju* / "seven"
8 / *åtta* / "eight"
9 / *nio* / "nine"
10 / *tio* / "ten"

Now let's also look at units of time, both in their singular and plural forms.

Swedish singular / **Plural** / **English singular** / **Plural**

sekund / *sekunder "second"* "seconds"
minut / *minuter* / "minute" / "minutes"
timme / *timmar "hour"* "hours"

Now we'll move on and learn how to use the preopsitions *i*, *på*, and *om* together with the numbers we learned and the units of time to create time references such as *i en timme* ("for an hour"), *på en timme* ("within an hour"), and *om en timme* ("in an hour"). We'll start with the preposition *i*, which, for the purpose of creating time references such as those appearing in this lesson's dialogue, corresponds to the English "for." *I,* together with a number and a unit of time, is therefore, used when we want to talk about how long something has been going

on. Let's look at some sentences that illustrate this.

For example:

1. *Jag sprang i en timme.*
   "I ran for one hour."
2. *Anna städade i två timmar.*
   "Anna cleaned for two hours."

We'll now move on to look more closely at how to create a time reference using the preposition *på*, together with a number, followed by a unit of time. The preopsition *på* is often translated into English as "on," but when we use it to create a time reference, it instead corresponds to the English "within" and is, therefore, used when we're talking about how long something will take. Let's have a look at some sentences that illustrate the usage of this time reference.

For example:

1. *Jag är klar på tre minuter.*
   "I'm done within three minutes."
2. *Han har gjort allt på fyra timmar.*
   "He has done everything within four hours."

Finally, we're going to look at how to create a time reference by using the preposition *om*, together with a number, followed by a unit of time. The preposition *om*, in this context, corresponds to the English "in" and is, therefore, used when we're talking about something that will happen in a certain amount of time.

For example:

1. *Bion börjar om tio minuter.*
   "The movie starts in ten minutes."
2. *Posten stänger om fem sekunder.*
   "The post office closes in five seconds."

Cultural Insight

Stress for Swedish Youth

Sweden is a country where people in general enjoy a high standard of living, and services such as school and medical care, which in other countries are only

services such as school and medical care, which in other countries are only available to few, are offered to the whole population. Swedish youth are, in general, pretty happy with life, but recent research has also shown that Swedish youth are experiencing stress to a higher degree than before. Why people feel stressed, of course, varies from person to person and from situation to situation, but three common factors of why Swedish youth experience stress are that they feel the expectations on them are high but that there is a lack of social support, that they have low self esteem, and because they're experiencing sleeping problems. Stress is a problem for both boys and girls, but girls are more likely to experience stress than boys.

A Swedish Argument

Lesson Track

Lesson Review Track

Lesson Dialog Track

Learn Swedish with our site! In some cultures, it's perfectly OK to tell others what you really think, but sometimes, it's just more appropriate to hold back a little. When you first moved to Sweden, you were a bit shocked by how forthcoming your Swedish friends and coworkers could be with their opinions, but now you've just gotten used to it. And you often don't even hold back with your own Swedish opinions these days!

In this Lower Beginner lesson, you will learn how to express disagreement in Swedish. We'll also explain some of the nuances involved in disagreeing and telling Swedes what you really think. Sometimes it just isn't appropriate to do so. Visit us at our site, where you will find many more fantastic Swedish lessons and learning resources. Leave us a message while you are there!

Line-By-Line Transcript

Formal Swedish
Kerstin: Hans! Har du möblerat om i vardagsrummet?
Hans: Ja. Fint va?
Kerstin: Nej, det tycker jag inte.
Hans: Inte?
Kerstin: Nej!
Hans: Det känns mycket luftigare med soffan mot väggen. Eller hur?
Kerstin: Nej, jag håller inte med.

Formal English
Kerstin: Hans? Have you rearranged the living room?
Hans: Yes. Nice, right?
Kerstin: No, I don't think so.
Hans: You don't?
Kerstin: No!

Hans: It feels much more spacious with the sofa against the wall. Right?
Kerstin: No, I disagree with that.

Vocabulary List

Swedish / **English** / **Class**
att möblera om *to rearrange furniture* verb
vardagsrum *living room* noun
fin *nice, good* adjective
att tycka *to think* verb
att känna *to feel* verb
luftig *spacious* adjective
soffa *sofa* noun
mot *against* adverb
att hålla med *to agree* verb
vägg *wall* noun

Expansion Section

att möblera om (to rearrange furniture)
Det är roligt att möblera om.
"It's fun to rearrange furniture."

---

vardagsrum (living room)
Ett stort vardagsrum kan användas för familjeaktiviteter.
"A wide living room can be used for family activities."
När jag står vid fönstret i vardagsrummet har jag en underbar havsutsikt under mina fötter.
"When I stand at the window of our living room, I have a marvelous view of the sea of roofs beneath me."
TVn är i vardagsrummet.
"The television is in the living room."

---

fin (nice, good)
Vilken fin vas.
"What a nice vase."
Vilket fint hus.
"What a nice house."

---

att tycka (to think)
Jag tycker inte att Anna är söt.
"I don't think Anna is cute."

---

att känna (to feel)
Jag känner mig helt slut.
"I feel exhausted."

---

luftig (spacious)
Lägenheten känns väldigt luftig.
"The apartment feels very spacious."

---

soffa (sofa)
Jag har köpt en ny soffa.
"I bought a new sofa."

---

mot (against)
Karin står mot väggen.
"Karin stands against the wall."

---

att hålla med (to agree)
Efter en lång diskussion höll jag med honom.
"After a long discussion I agreed with him."
Jag måste nog hålla med Lisa.
"I have to agree with Lisa."
Vad vill du göra?
"What do you want to do?"

---

vägg (wall)
Har du målat väggen?
"Have you painted the wall?"

Grammar Point

The Focus of this Lesson is on How to Express Disagreement.
Nej, jag håller inte med.
"No, I don't agree."

In a previous lesson, we learned some useful phrases through which we can

express agreement. In this lesson, we'll change focus and instead learn how to express disagreement. Expressing disagreement can be an important skill to master, especially when someone is asking about your opinion directly or indirectly. There are several ways of expressing disagreement in Swedish. Let's look closer how disagreement is expressed in this lesson's dialogue.

Examples from this dialogue:

1. *Nej, det tycker jag inte.*
   "No, I don't think so."
2. *Nej, jag håller inte med.*
   "No, I disagree with that."

The verbs used in these sentences are the present tense of the verbs *att tycka* and *att hålla*, which are *tycker* and *håller*. Both of these verbs can sometimes be difficult to use correctly for non-native speakers. *Att tycka* is often translated into English as "to think," but the way we can use it in Swedish is more limited than in English. In Swedish, we use *att tycka* ("to think") when we're expressing an opinion about something, but we don't use it when talking about thinking as the activity of using our brain or when we're making guesses, such as, "I think she went home." The verb *håller* can also be challenging because it has various meanings and uses in Swedish. In this lesson, we're using the verb *att hålla* together with the preposition *med*, in which case, it corresponds with the English "to agree."

Another important thing that needs to be examined a bit further in the two presented sentences is the word *inte*. *Inte* is an adverb that corresponds to the English "not." *Inte* is used in Swedish to change affirmative statements into negative statements, simply by placing *inte* after the first verb of the sentence. Let's illustrate this by looking at two affirmative sentences and how they change when we turn them into negative statements with the help of the adverb *inte*.

For example:

1. *Det regnar.*
   "It's raining."
2. *Det regnar inte.*
   "It's not raining."
3. *Det är roligt.*
   "It's fun."
4. *Det är inte roligt.*

"It's not fun."

Now that we've gained a better understanding of the grammar of the sentences, *Nej, det tycker jag inte* ("No, I don't think so.") and, *Nej, jag håller inte med* ("No, I disagree."), we'll move on to learn when and how we can use these. There are, of course, several situations in which you might want to express disagreement, but we'll start with situations in which you want to express your disagreement in a clear manner. Being very straightforward that you don't share someone's opinion might be suitable in situations in which someone has directly asked you about your opinion and there's no room for misinterpretation. In this lesson's dialogue, for example, Hans was asking Kerstin's opinion directly by saying things like, *Fint va*? ("Nice, right?") or, *Eller hur?* ("Right?"). These are all questions that require you to give an affirmative or negative answer, and we'll, therefore, start by saying *nej* ("no") followed by either, *det tycker jag inte* ("I don't think so.") or, *jag håller inte med* ("I disagree.").

For example:

1. *Nej, det tycker jag inte.*
   "No, I don't think so."
2. *Nej, jag håller inte med.*
   "No, I disagree."

You might also find yourself in a situation where someone has asked you about your opinion and you're finding it a bit challenging to express that you disagree. This could, for example, be a situation in which you're worried about hurting someone's feelings or you're afraid that you'll come across as harsh. In these cases, we should, instead of using *nej* ("no"), use the more vague *nja* ("well"), and we also insert the word *riktigt* ("really") into the sentence.

For example:

1. *Nja, det tycker jag inte riktigt.*
   "Well, I don't really think so."
2. *Nja, jag håller inte riktigt med.*
   "Well, I don't really agree."

Cultural Insight

Telling Swedes What you Really Think

In this lesson's dialogue, Kerstin is not really trying to hide the fact that she doesn't agree with how Hans has rearranged the furniture, and we'll, therefore, talk a bit about when it's socially acceptable to express your opinion or when it might be less appropriate. Swedes are, overall, pretty okay with speaking their minds, and more often than not it's okay to share each other's opinions. Whether or not it's actually okay to say what you are thinking does, however, depend on the situation you're in and, of course, what your opinion is. Expressing an opinion that is highly controversial while talking to your boss might, for example, not be a great idea. When you're with your Swedish friends, then it's usually fine to speak your mind, but opinions that directly or even indirectly criticize your friends' behavior or appearance should be avoided or presented in such a manner that your friends don't feel attacked. Swedes wouldn't be overly happy about having their opinions criticized. This doesn't mean that you can't question someone's opinions, but it needs to be done in a respectful manner.

A Bit of Swedish Watercooler Gossip

Lesson Track

Lesson Review Track

Lesson Dialog Track

Learn Swedish with our site! Sometimes what someone says is just so unbelievable, you've got to express your disbelief, and you can't do that without interjections. Ever since you started learning the language, you've thought that Swedish interjections are the most fun to say!

In this Lower Beginner lesson, you will learn how to use some common Swedish interjections. We will also tell you a bit about gossip, which of course is just as popular in Sweden as it is in many other parts of the world. Visit us at our site, where you will find many more fantastic Swedish lessons and learning resources. Leave us a message while you are there!

Line-By-Line Transcript

Formal Swedish
Robert: Anna! Har du hört det senaste skvallret?
Anna: Nej. Vad har hänt?
Robert: Karin har dumpat Alex.
Anna: Va? Varför?
Robert: Hon är kär i Fabian.
Anna: Nä! Skämtar du?
Robert: Det är sant! Allt hände igår.
Anna: Lägg av!

Formal English
Robert: Anna! Have you heard the latest gossip?
Anna: No. What's happened?
Robert: Karin has dumped Alex.
Anna: What? Why?
Robert: She's in love with Fabian.
Anna: No way! Are you kidding?

Robert: It's true! Everything happened yesterday.
Anna: Get out of here!

Vocabulary List

Swedish / **English** / **Class**
att höra *to hear* verb
sen *late* adjective
skvaller *gossip* noun
Va? *What?* interjection
Nä! *No way?* interjection
Skämtar du? *Are you kidding?* phrase
sann *true* adjective
allt *everything* pronoun
Lägg av! *Get out of here!* interjection

Expansion Section

att höra (to hear)
Jag har svårt att höra på grund av allt oljud.
“I find it hard to hear because of all the noise.”

---

sen (late)
Varför är du sen?
"Why are you late?"

---

skvaller (gossip)
Jag gillar inte skvaller.
"I don't like gossip."

Va? (What?)
Va? Vad säger du?
"What? What are you saying?"

Nä! (No way?)
Nä! Är det sant?
"No way! Is it true?"

Skämtar du? (Are you kidding?)

Skämtar du eller?
"Are you kidding or what?"

---

sann (true)
Det är en sann historia.
"It's a true story."

---

allt (everything)
Allt var över på en minut.
"Everything was over in a minute."

Lägg av! (Get out of here!)
Lägg av! Det kan inte vara sant.
"Get out! It can't be true."

Grammar Point

The Focus of this Lesson is How to Use Common Swedish Interjections.
Va? Varför?
"What? Why?"

The purpose of this lesson is to learn some useful and common Swedish interjections. Interjections are words through which you can express feelings and emotions, and we'll look at a couple of different situations and which interjections can be used in each of these. With interjections in general, it's good to think about matching your tone of voice in relation to the feeling or emotion you're trying to convey so that your response doesn't seem exaggerated, since people might think you're being sarcastic instead.

We'll first look at situations such as the one in this lesson's dialogue, that is, when we want to show that we're surprised over something we've heard or been told. Let's look at the interjections used to communicate this.

Examples from this dialogue:

1. *Va!*
   "What!"
2. *Nä!*

"No way!"
3. *Lägg av!*
"Get out of here!"

All of the above interjections will come in handy in situations like when you're told some really juicy gossip or something you couldn't have imagined happening. Other common interjections that can serve the same purpose are the following.

1. *Oj!*
"Oh!"
2. *Nähä!*
"Really!"

Next, we'll look at some interjections that convey feelings of disgust:

1. *Usch!*
"Yuck!"
2. *Fy!*
"Eww!"
3. *Blä!*
"Ugh! Eww!"

These interjections, which convey a feeling of disgust, can be used in a variety of situations, for example, when you're told something you find repelling, when you smell something that smells bad, or when eating something you don't like the taste of. When we instead want to show that we like the taste of something or if we think something looks tasty, you could instead use the interjection *mums* ("yummy").

Finally, we'll also look at two interjections we can use when we want to show that we're indifferent to something we're told or that there is nothing much we can do or say.

1. *Jaja.*
"Well, well."
2. *Jaha.*
"Oh well."
3. *Än sen!*
"So what!"

Cultural Insight

Gossip

In this lesson's dialogue, Anna and Robert are gossiping about the latest events at school. Gossiping is far from an exclusively Swedish thing. People all over the world engage in it, but what's interesting to gossip about and how the actual act of gossiping is perceived probably varies from culture to culture. Being someone that gossips a lot is not really something that's considered a positive personality trait in Sweden. In fact, we actually have a name for it: *sladdertacka* ("gossipmonger"). Regardless of whether or not it's considered to be something positive, Swedes love to gossip, and they especially like to talk about people's relationships, who is seeing who, and who did what last weekend. To gossip with your friends is usually okay, but trying to engage in gossip with people you're not really close to might make people question your character. Are you really someone they can trust, and what are you saying about them behind their backs?

Keeping Fit in Sweden

Lesson Track

Lesson Review Track

Lesson Dialog Track

Learning Swedish with our site is the most fun and effective way to learn Swedish! All the men in your Swedish office have suddenly decided to get fit and healthy, and you're feeling a little left out. You've been watching what you eat and exercising for years, but nobody's asking your advice! That is, until one of the men comes over and invites you to lunch in Swedish, saying he'd like to talk to you about your workout regime. Finally, a chance to share your wisdom!

In this Lower Beginner lesson, you will learn how to talk about how often or seldom you do something in Swedish. We'll also tell you a bit about exercise habits in Sweden. Swedes actually tend to be pretty healthy because of how often many of them exercise. Visit us at our site, where you will find many more fantastic Swedish lessons and learning resources. Leave us a message while you are there!

Line-By-Line Transcript

Formal Swedish
Mark: Hans har du gått ner i vikt?
Hans: Ja, jag har börjat träna.
Mark: Jaså! Hur ofta?
Hans: Jag tränar tre gånger i veckan.
Mark: Oj! Det var inte illa. Jag tränar typ två gånger om året.
Hans: Vill du följa med någon gång?
Mark: Ja kanske det.

Formal English
Mark: Hans, have you lost weight?
Hans: Yes, I've started to work out.
Mark: Really! How often?
Hans: I work out three times a week.

Mark: Wow! That's not bad. I work out about two times a year.
Hans: Do you want to join me sometime?
Mark: Yes, perhaps.

Vocabulary List

Swedish / **English** / **Class**
att gå upp *to gain* verb
vikt *weight* noun
att träna *to work out* verb
ofta *often* adjective
gånger om/gånger i *times per* expression
vecka *week* noun
år *year* noun
att följa med *to join* verb
någongång *sometime* adverb
kanske *maybe* adverb

Expansion Section

att gå upp (to gain)
Jag har inte gått upp i vikt.
"I haven't gained weight."

---

vikt (weight)
Hur mycket har du gått upp i vikt?
"How much weight have you gained?"

---

att träna (to work out)
Det är bra att träna regelbundet.
"It's good to work out on a regular basis."

---

ofta (often)
Jag äter ofta här.
"I eat here often."

---

gånger om/gånger i (times per)
Tre gånger i veckan ringer jag min mamma.
"Three times a week I call my mother."

---

vecka (week)
Jag är ledig i en vecka.
"I'm off for one week."
En vecka har sju dagar.
"A week has seven days."

år (year)
Jag har inte prata med Lisa på ett år.
"I have not spoken to Lisa for a year."

---

att följa med (to join)
Jag kan inte följa med.
"I can't join."

---

någongång (sometime)
Det vore roligt att träffas någongång.
"It would be nice to meet sometime."

---

kanske (maybe)
Jag är kanske ledig på tisdag.
"I might be free on Tuesday."

Grammar Point

The Focus of this Lesson is How to Talk About How Often or Seldom You Do Something.
Jag tränar tre gånger i veckan.
"I work out three times a week."

In this lesson, we'll talk about how often or seldom we do something, and we'll do that by using a sentence structure that appears in this lesson's dialogue Let's have a look.

Examples from this dialogue:

1. *Jag tränar tre gånger i veckan.*
   "I work out three times a week."
2. *Jag tränar typ två gånger om året.*
   "I work out about two times a year."

In order to learn how to form this kind of sentence, we'll divide the sentence in two and study each part separately, which hopefully will make it more comprehensible. Before we do so, however, there are two things that need to be mentioned about this type of sentence as a whole. The first thing has to do with the word order of the sentence. This sentence follows a straight word order, meaning that it begins with the subject of the sentence, which is then followed by the first verb. Secondly, the verbs we'll use are in their present tense since they, among other things, are often used to talk about something that happens on a regular basis.

Let's now move on to examine the first part of the sentence more closely, namely, the part that describes the activity that is done often or seldom. In the sentences above, this part is *jag tränar* ("I work out"). Forming this part of the sentence is easy; we just need a personal pronoun, such as *han*, *hon*, or *jag* ("he," "she," or "I") or a noun in the form of a name, such as Anna or Carlos. This pronoun or noun is the sentence subject and will, therefore, introduce the sentence. Following the subject, we'll have to use a verb that describes the activity. Here are some examples of verbs in their present tense that can be used to describe common activities.

Swedish / **English**
handlar / "shop"
promenerar / "go for a walk"
tvättar / "do laundry"

Here are some examples of how the first part of the sentence can look.

Jag handlar... - "I shop..."

Han promenerar... - "He goes for a walk..."

Anna tvättar... - "Anna does the laundry..."

Secondly, we'll look at the second part of the sentence that describes the frequence of how often or seldom you do a certain activity. And we'll learn to say things like *en gång i veckan* ("once a week") or *två gånger i veckan* ("twice a week"). This, more specifically, means that we'll start with the number of times we do something, such as *en gång* ("once"), *fem gånger* ("five times"), or *sjuhundra gånger* ("seven-hundred times"). Here, it's important to remember that we use *gång* only when we do something once and *gånger* when we do something more than once. Following this, we give the time period during which the activity is performed. This time period is either created using the preposition *om* ("within"), together with the period, such as *dagen* ("the day") or *året* ("the

year"); or else it's created using the preposition *i* ("in") and the period of time, such as *veckan* ("the week") or *månanden* ("the month"). Now, let's look at some examples.

...*en gång i veckan.* - "...once a week."

...*två gånger i månaden.* - "...twice a month."

...*fem gånger om dagen.* - "...five times a day."

Let's now put the two parts together to form some complete sentences.

For example:

1. *Jag handlar en gång i veckan.*
   "I shop once a week."
2. *Han promenerar två gånger i månaden.*
   "He goes for a walk twice a month."
3. *Anna tvättar fem gånger om dagen.*
   "Anna does the laundry five times a day."

Cultural Insight

Exercise Habits in Sweden

In this lesson, we'll spend some time talking about how healthy Swedes are. Being healthy could mean a lot of different things, but here we'll focus on Swedes' exercise habits. A statistical survey from 2011 showed that seventy-five percent of participants exercised at least once a week and about half of them exercise more than two times per week. The group that exercises the most frequently are children and youth between the ages of seven to fourteen. The ways of exercising are walking, running, working out at the gym, working out in groups, and biking. Even though Swedes seem to be fairly good at exercising, many don't spend that much money on it. About twenty-six percent of them only spent between one and a thousand crowns in a whole year, while only 9.5 percent spent more than six-thousand crowns.

Looking For a Nice Man in Sweden

Lesson Track

Lesson Review Track

Lesson Dialog Track

Learn Swedish with our site! Your friend is visiting Sweden from back home, and since she's currently single, she's asking you if you know any Swedish men she might like. You tell her about a couple men you know are also single, but she doesn't seem that interested, and she even cuts you off midway to tell you about a guy sitting at the next table in the Swedish cafe! Hopefully he speaks some English, or you'll have to be translating their whole date!

In this Lower Beginner lesson, you will learn how to describe someone's appearance and personality. We'll cover a number of descriptive words you might use whenever talking about someone. We'll also talk a bit about what kinds of personality traits Swedes appreciate, and which ones they really don't. Visit us at our site, where you will find many more fantastic Swedish lessons and learning resources. Leave us a message while you are there!

Line-By-Line Transcript

Formal Swedish
Elisabeth: Kerstin känner du någon trevlig man?
Kerstin: Hm... Jo faktiskt! Hans vän Mark.
Elisabeth: Hur ser han ut?
Kerstin: Han har mörkt hår och blåa ögon.
Elisabeth: Vad för typ av person är han?
Kerstin: Han har humor och ett stort hjärta.
Elisabeth: Han låter intressant!

Formal English
Elisabeth: Kerstin, do you know any nice men?
Kerstin: Hmm... Well actually, Hans' friend Mark.
Elisabeth: How does he look?
Kerstin: He has dark hair and blue eyes.

Elisabeth: What kind of person is he?
Kerstin: He has humor and a big heart.
Elisabeth: He sounds interesting!

Vocabulary List

Swedish / **English** / **Class**
att ha *to have* verb
att känna *to know* verb
att se ut *to look* verb
hår *hair* noun
öga *eye* noun
typ *kind* noun
person *person* noun
humor *humor* noun
hjärta *heart* noun
att låta *to sound* verb

Expansion Section

att ha (to have)
Jag hoppas du kommer att ha en bra dag.
"I hope you will have a good day."
Det är viktigt att ha gott omdöme.
"It is important to have good judgement. "

---

att känna (to know)
Jag känner inte Lisa.
"I don't know Lisa."

---

hår (hair)
Kvinnan har svart hår.
"The woman has black hair."

öga (eye)
Min hustru har blåa ögon.
"My wife has blue eyes."

---

typ (kind)

Vilken typ av mat tycker du om?
"What kind of food do you like?"

---

person (person)
Anna är en snäll person.
"Anna is a nice person."

---

humor (humor)
Jag förstår inte svensk humor.
"I don't understand Swedish humor."

---

hjärta (heart)
Hjärtat slår hårt.
"The heart beats hard."

---

att låta (to sound)
Du får det att låta så lätt.
"You make it sound so easy."

Grammar Point

The Focus of this Lesson is on How to Describe Someone's Appearance and Personality.
Han har mörkt hår och blåa ögon.
"He has dark hair and blue eyes."

In this lesson, we'll continue to learn how to describe someone's appearance or personality. In a previous lesson, we learned how to do this by using the verb *att vara* ("to be"). In this lesson, we'll instead use the verb *att ha*, which corresponds to the English "to have." To begin with, we'll review the sentences that appear in this lesson's dialogue which used this verb when describing someone's appearance or personality.

Examples from this dialogue:

1. *Han har mörkt hår och blåa ögon.*
   "He has dark hair and blue eyes."
2. *Han har humor och ett stort hjärta.*

"He has humor and a big heart."

In the previous lesson, when we learned how to form sentences like, *Hon är söt* ("She's cute.") and, *Jag är smart* ("I'm smart."). In this lesson, we'll use a similar sentence structure, that is, a sentence that starts off with a personal pronoun such as *han*, *hon*, *jag*, or *du* ("he," "she," "I," or "you"). After the personal pronoun comes a verb, which in this lesson will be the present tense of the verb *att ha* ("to have"), which is *har* ("has"). This is then followed by words describing either an aspect of someone's appearance or their personality. Let's first start by looking at some word combinations that can describe someone's appearance.

Swedish / **English** / **Swedish** / **English**

blå ögon / "blue eyes" / *långt hår* / "long hair"
bruna ögon "brown eyes" kort hår / "short hair"
långa ben / "long legs" / *ett smalt ansikte* / "a narrow face"
korta ben "short legs" ett runt ansikte / "a round face"

These sets of words can now be used to create sentences that describes someone's appearance. Let's have a look at some examples.

1. *Han har korta ben.*
   "He has short legs."
2. *Hon har ett smalt ansikte.*
   "She has a narrow face."
3. *Han har kort hår.*
   "He has short hair."

Describing someone's personality is equally simple. We just use a personal pronoun, followed by the verb *har* ("have"), and then words that describe someone's personality.

Swedish / **English** / **Swedish** / **English**

charm "charm" ett stort hjärta / "a big heart"
humor / "humor" / *temperament* / "temperament"
ingen humor "no humor" dålig humor / "a bad sense of humor"
ingen charm / "no charm" / *ett dåligt temperament* / "a bad temper"

Let's now look at some sentences where we use these sets of words to describe someone's personality.

1. *Hon har charm.*

"She has charm."
2. *Han har ett dåligt temperament.*
   "He has a bad temper."
3. *Hon har dålig humor.*
   "She has a bad sense of humor."

Cultural Insight

Personality Traits

In this lesson we've learned, among other things, how to talk about someone's personality, and we'll, therefore, spend some time talking about which personality traits are appreciated and which are not so appreciated in Sweden. This, of course, varies from person to person, but it would be fair to say Swedes in general value personality traits that aren't too extreme. More specifically, this means that personality traits such as being very competitive or loudly bragging about your accomplishments are not really appreciated. Of course it's okay to be successful and have accomplished a lot, but it's not socially acceptable to tell others about it. Swedes, in general, appreciate when people are outgoing, but there can be a fine line between being outgoing and being too personal. Remember, Swedes are known to be a bit private, and so it can take a while before they warm up to you.

Going on a First Date in Sweden

Lesson Track

Lesson Review Track

Lesson Dialog Track

Learn Swedish with our site! Your visiting friend has just been on a date with a Swedish man, and she's telling you all about it. As it turns out, he did speak English...but only a little! So they could only talk about very simple things, like his daily routine. You don't want to say this to your friend, but you're not sure this relationship has a future!

In this Lower Beginner lesson, you will learn how to talk about your daily routine. We'll cover some verbs which may describe what your average day looks like. You'll also learn about romantic relationships in Sweden, specifically, those between older people. Visit us at our site, where you will find many more fantastic Swedish lessons and learning resources. Leave us a message while you are there!

Line-By-Line Transcript

Formal Swedish
Elisabeth: Berätta något om dig själv.
Mark: Hm...Vad ska jag berätta?
Elisabeth: Hur ser en vanlig dag ut för dig?
Mark: På morgonen äter jag frukost.
Elisabeth: Och på eftermiddagen?
Mark: På eftermiddagen tar jag en promenad.
Elisabeth: Och på kvällen? Vad gör du då?
Mark: På kvällen träffar jag vänner.

Formal English
Elisabeth: Tell me something about yourself.
Mark: Hmm... What should I tell you?
Elisabeth: What does an ordinary day look like for you?
Mark: In the morning, I eat breakfast.

Elisabeth: And in the afternoon?
Mark: In the afternoon, I take a walk.
Elisabeth: And in the evening? What do you do then?
Mark: In the evening, I meet friends.

Vocabulary List

Swedish / **English** / **Class**
att berätta *to tell* verb
vanlig *ordinary* Adjective
dag *day* noun
på morgonen *in the morning* time reference
på eftermiddagen *in the afternoon* time reference
på kvällen *in the evening* time reference
ta en promenad *to take a walk* verb
att äta *to eat* verb
frukost *breakfast* noun
att träffa *to meet* verb

Expansion Section

att berätta (to tell)
Berätta inte för någon.
"Don't tell anyone."

---

vanlig (ordinary)
Jag vill inte ha ett kändis liv. Jag vill ha ett vanligt liv.
"I don't want a celebrity life. I want an ordinary life."

---

dag (day)
Jag tränar en dag i veckan.
"I work out one day a week."

---

på morgonen (in the morning)
På morgonen går jag upp tidigt.
"In the morning, I wake up early."

---

på eftermiddagen (in the afternoon)
På eftermiddagen läser jag en bok.

"In the afternoon, I read a book."

---

på kvällen (in the evening)
På kvällen städar jag.
"In the evening, I clean."

---

ta en promenad (to take a walk)
Ska vi ta en promenad?
"Shall we take a walk?"

---

att äta (to eat)
Det är viktigt att äta regelbundet.
"It is important to eat regularly."

---

frukost (breakfast)
Vad åt du till frukost?
"What did you have for breakfast?"
Jag äter frukost varje dag.
"I eat breakfast everyday."

---

att träffa (to meet)
Jag kommer att träffa Martin på fredag.
"I am going to meet Martin on Friday."
Jag kommer träffa Lisa imorgon.
"I will meet Lisa tomorrow."

Grammar Point

The Focus of this Lesson is on How to Talk About Your Daily Routine.
På morgonen äter jag frukost.
"In the morning, I eat breakfast."

---

ln this lesson, we'll learn to talk about our daily routine. Talking about our daily routine can, of course, be done in numerous ways, but in this lesson, we'll learn how to do this with the help of time references such as *på morgonen* ("in the morning"), *på eftermiddagen* ("in the afternoon"), and *på kvällen* ("in the evening"), together with verbs that describe the activity that is part of your daily routine. To start with, we'll review some of the sentences that appear in this lesson's dialogue to get a sense of how these types of sentences can be

constructed. Let's have a look.

1. *På morgonen äter jag frukost.*
   "In the morning, I eat breakfast."
2. *På eftermiddagen tar jag ofta en promenad.*
   "In the afternoon, I go for a walk."
3. *På kvällen träffar jag vänner.*
   "In the evening, I meet friends."

Before we look more closely at how to create these types of sentences, there's something that needs to be mentioned about the word order. Simple statements in Swedish such as *Jag är trött* ("I'm tired.") often follow a straight word order, which means that the sentence starts off with the subject of the sentence, followed by the first verb. The sentences above, however, follow an inverted word order because the sentence is introduced by a time reference such as *på morgonen* ("in the morning") or *på kvällen* ("in the evening").

An inverted word order, more specifically, means that the first verb is placed after the time reference, followed by the subject. Let's illustrate this with two examples in which the first sentence follows a straight word order and the second sentence follows an inverted word order.

For example:

1. *Jag äter frukost.*
   "I eat breakfast."
2. *På morgonen äter jag frukost.*
   "In the morning, I eat breakfast."

Now that we have a better understanding of what kind of word order the sentences we're creating will follow, we'll look more closely at the actual sentences that describe our daily routine. In order to make it more comprehensive, we'll break the sentence down into two parts and examine them separately. First off, we'll start with the first part of the sentence that holds the time reference. Here are the three time references in Swedish with their English translations.

Swedish / **English**
på morgonen / "in the morning"
på eftermiddagen / "in the afternoon"
på kvällen / "in the evening"

As you might have noticed, the preposition used in these time references is the Swedish preposition *på*. *På* is generally translated as "on," but the way in which it's used here instead corresponds to the English "in."

Now that we know how to start our sentence, we'll focus more on the second part of the sentence--the part that describes the actual routine. In order to be able to talk about routines, we'll start by introducing some verbs that describe common activities. All of these verbs will be presented in their present tense, since this is the tense that can be used when talking about an activity that happens on a regular basis.

Swedish / **English**
pluggar / "study"
tränar / "work out"
fikar / "go for coffee"

The second part of the sentence, in its most basic form, consists of two words: the verb describing the activity and the pronoun or a name of a person who performs the activity. What pronoun you want to use when creating these types of sentences depends on if you want to talk about your daily routine or someone else's daily routine. In this lesson, we'll only use the personal pronoun *jag* ("I") to make things a bit less complicated, which means that you'll learn to talk about your own daily routine. The second part of the sentence starts off with the verb and is then followed by the subject of the sentence, namely, the pronun *jag* ("I"), since the sentence has an inverted word order. Let's look at some examples.

For example:

1. ...*pluggar jag.*
   "...I study."
2. ...*fikar jag.*
   "...I go for a coffee."
3. ...*tränar jag.*
   "...I work out."

Now let's form full sentences by putting the time reference together with the second part of the sentence that describes the activity.

For example:

1. *På morgonen pluggar jag.*
   "In the morning, I study."

2. *På eftermiddagen fikar jag.*
   "In the afternoon, I go for a coffee."
3. *På kvällen tränar jag.*
   "In the evening, I work out."

Cultural Insight

Romance in Sweden

Sweden is a pretty liberal country, and this also means that it's socially acceptable to date and meet a new partner even though you're older or have gone through a divorce. The fact that older people—to a larger extent than before—are meeting new partners when they're over the age of sixty is something that has gotten attention from both media as well as researchers. Meeting a new partner when you're older might not always be easy, but there are, in fact, several platforms through which you can get to know new people. One possibility of getting to know new people, and potentially a new partner, is by getting involved in a volunteer organization. Another platform where older people can get together to form new friendships is through PRO, which is the national association for senior citizens that arranges a wide variety of activities such as lectures, excursions, and trips.

A Relaxing Weekend in Sweden

Lesson Track

Lesson Review Track

Lesson Dialog Track

Learn Swedish with our site! On a Monday at lunchtime in Sweden, you're talking to your coworkers about what they did on their weekends. It seems like most of them had very busy weekends—shopping trips, taking their kids to soccer practice, seeing movies—that they didn't have a moment to rest. Just listening to their Swedish stories makes you tired. It's a good thing you did the opposite of what they did all weekend—you just slept and watched TV!

In this Lower Beginner lesson, you will learn more about how to talk about your daily routine in Swedish. This time around, we'll focus on using time references which are a bit more specific than the ones we covered in the previous lesson. We'll also talk about how important family time is to Swedes. Visit us at our site, where you will find many more fantastic Swedish lessons and learning resources. Leave us a message while you are there!

Line-By-Line Transcript

Formal Swedish
Elisabeth: Kerstin. Vad brukar du göra på helgerna?
Kerstin: Före frukosten tar jag en promenad.
Elisabeth: Och efter frukost?
Kerstin: Efter frukosten brukar jag göra något med barnen.
Elisabeth: Vad trevligt!
Kerstin: Ja. Innan middagen brukar jag läsa en bok.
Elisabeth: Och efter middagen?
Kerstin: Och efter middagen då brukar vi titta på film och äta lördagsgodis.

Formal English
Elisabeth: Kerstin, what do you usually do during the weekends?
Kerstin: Before breakfast, I take a walk.
Elisabeth: And after breakfast?

Kerstin: After breakfast, I usually do something with the kids.
Elisabeth: That's nice!
Kerstin: Yes. Before dinner, I usually read a book.
Elisabeth: And after dinner?
Kerstin: After dinner, we usually watch a movie and eat candy.

Vocabulary List

Swedish / **English** / **Class**
brukar *usually* verb
före *before* adverb
efter *after* preposition
frukost *breakfast* noun
lunch *lunch* noun
middag *dinner*
barn *kid* noun
bok *book*
att titta *to watch* verb
helg *weekend* noun

Expansion Section

brukar (usually)
Jag brukar sova länge på morgonen.
"I usually sleep late in the morning."

---

före (before)
Jag går upp före min man.
"I wake up before my husband."

---

efter (after)
Efter söndag kommer måndag.
“After Sunday comes Monday.”

---

frukost (breakfast)
Vad åt du till frukost?
"What did you have for breakfast?"
Jag äter frukost varje dag.
"I eat breakfast everyday."

---

lunch (lunch)
Jag föredrar att äta lunch för mig själv i parken.
"I prefer to eat lunch on my own in the park."
Ska vi äta lunch tillsammans?
"Shall we have lunch together?"
Lunch serveras klockan ett.
"Lunch is served at one o'clock."

---

middag (dinner)
Det blir kyckling till middag.
"We'll have chicken for dinner."

---

barn (kid)
Har du barn?
"Do you have children?"

---

bok (book)
Pojken läser en bok i parken.
"The boy is reading a book in the park."

---

att titta (to watch)
Jag brukar inte titta på sport, men jag gjorde ett undantag igår.
"Usually, I don't watch any sports but I made an exception yesterday."
Kommer du att titta på fotbolls matchen ikväll?
"Are you going to watch the football game tonight?"

---

helg (weekend)
Jag hoppas du får en trevlig helg.
“I hope you have a nice weekend.”
Helgen tycker jag verkligen om.
"The weekend I really like."

Grammar Point

The Focus of this Lesson is How to Talk About your Daily Routine.
Före frukost tar jag en promenad.
"Before breakfast, I take a walk."

In a previous lesson, we learned how to talk about our daily routine by using time references such as *på morgonen* ("in the morning") with a verb that described an activity. In this lesson, we'll continue to learn how to talk about our daily routine, but this time, we'll use time references that help us to be a bit more specific of when we actually do something. The time references that we'll learn how to use appear in this lesson's dialogue.

Examples from this dialogue:

1. *Före frukosten tar jag en promenad.*
   "Before breakfast, I take a walk."
2. *Efter frukosten brukar jag göra något med barnen.*
   "After breakfast, I usually do something with the kids."

As you might have already noticed, both of the sentences above are introduced by a time reference, which means that the sentence will follow an inverted word order in which the first verb is placed before the subject of the sentence. In both of the sentences above, this subject is represented by the personal pronoun *jag* ("I"). We'll now move on to learn how to use this for sentences similar to the ones above, and to do so, we'll break the sentences into two parts and examine them separately.

We'll start with the first part of the sentence, which consists of a time reference such as *innan frukost* ("before breakfast") or *efter frukost* ("after breakfast"). These time references are formed with prepositions such as *före* ("before") and *efter* ("after") that help us to be more precise in terms of when something is happening, and nouns such as *frukosten* ("breakfast"), which we associate with a period of time during the day. By placing *före* ("before") in front of a noun like *frukosten,* we can talk about things that happen before breakfast. By placing the word *efter* ("after") in front of nouns like *frukosten,* we can instead talk about things that happen after breakfast.

For example:

1. *Före lunch...*
   "Before lunch..."
2. *Efter lunch...*
   "After lunch..."
3. *Före middagen...*
   "Before dinner..."
4. *Efter middagen...*

"After dinner..."

The second part of the sentence describes the activity that you are doing. This part of the sentence, more specifically, consists of a verb and the subject of the sentence. We'll start by introducing some verbs that can be useful. The verbs are presented in their present tense since the present tense, among other things, can be used to talk about something continuously, such as an activity in your daily routine.

Swedish / **English**
jobbar / "work"
läser / "read"
städar / "clean"

The subject of the sentence can, for example, be a personal pronoun such as "I" or a noun, such as someone's name. In this lesson, we'll use the personal pronoun *jag* ("I"). To form the second part of the sentence, we use the verb, since the sentence follows an inverted word order. The verb is then followed by a subject.

For example:

1. *...jobbar jag.*
   "...I work."
2. *...läser jag.*
   "...I read."
3. *...städar jag.*
   "...I clean."

Now, let's form full sentences by putting the time reference together with the second part of the sentence that describes the activity.

For example:

1. *Före frukost jobbar jag.*
   "Before breakfast, I work."
2. *Efter lunch läser jag.*
   "Before lunch, I read."
3. *Före middagen städar jag.*
   "Before dinner, I clean."

Cultural Insight

Family Time

Spending time with your family is usually something that's important for Swedes, and how we do that, of course, depends on how old we are and where we live in relation to our family. For families with children who live at home, weekends are usually a time spent together, at least partly. How the time together is spent varies, but it's not uncommon to spend one of the weekend nights together in front of the TV watching either a TV show or a movie and eating snacks. There are, of course, other activities that Swedish families like to engage in together, things like going to the swimming pool, ice skating, going to the mall, or going to see a football, hockey, or handball game.

What Do You Think of This Swedish Perfume?

Lesson Track

Lesson Review Track

Lesson Dialog Track

Learn Swedish with our site! You didn't feel particularly hungry until you walked into your Swedish apartment and were greeted with the most delicious smells. Your Swedish roommate must finally be making that roast dinner she's been promising you for months now! You can't wait to taste it!

In this Lower Beginner lesson, you will learn to talk about how something smells. We'll focus on a very basic way to do this while also giving you some tools to be more specific with how something smells. We'll also tell you a bit about what you can expect regarding Swedes' personal hygiene practices. Visit us at our site, where you will find many more fantastic Swedish lessons and learning resources. Leave us a message while you are there!

Line-By-Line Transcript

Formal Swedish
Anna: Vad är det som luktar?
Robert: Det är min nya parfym. Visst luktar den gott.
Anna: Ja den luktar gott. Jag har också en ny parfym. Lukta. Vad tycker du?
Robert: Nej! Usch! Den luktar illa!
Anna: Va?

Formal English
Anna: What's that smell?
Robert: It's my new perfume. Doesn't it smell nice?
Anna: Yes, it smells nice. I also have new perfume. Smell it. What do you think?
Robert: No! Yuck! It smells bad!
Anna: What?

Vocabulary List

Swedish / English / Class

att lukta *to smell* verb
vad *what* adverb
ny *new* adjective
parfym *parfume* noun
gott *nice* adverb
också *also* adverb
att tycka *to think* verb
usch *yuck* interjection
illa *bad* adverb
den/det *it* pronoun

Expansion Section

att lukta (to smell)
Lukta på den här!
"Smell this one!"

---

vad (what)
Vad är klockan nu?
"What is the time now?"
Vad är din destination?
"What's your destination?"

---

ny (new)
Den här väskan är inte ny den är begagnad.
"This bag is not new, it’s second hand."

---

parfym (parfume)
Det var en dyr parfym.
"It was an expensive perfume."

---

gott (nice)
Du luktar gott.
"You smell nice."

---

också (also)
Jag vill också åka till Paris.
"I also want to go to Paris."
Jag tycker också om Robbie Williams.

"I also like Robbie Williams."

---

att tycka (to think)
Jag tycker inte att Anna är söt.
"I don't think Anna is cute."

---

usch (yuck)
Usch, vilken ful klänning!
"Yuck, what an ugly dress."

---

illa (bad)
Det var inte illa.
"That wasn't bad."

---

den/det (it)
Det regnar.
"It's raining."

Grammar Point

The Focus of this Lesson is on How to Talk About How Something Smells.
Den luktar illa!
"It smells bad!"

In this lesson, we'll learn to talk about how something smells, and we'll cover both a very simple and generic way of doing that, as well as give you some tools to be more specific with how something smells. Being able to talk about how something smells might not seem like a very important skill to master, but it's something that can come in handy in many different types of situations, for example, when discussing the smell of a beauty product or maybe when cooking with your friends. First, we'll look at some very simple ways of saying that something either smells good or bad--two sentences that both appeared in this lesson's dialogue.

1. *Det luktar gott.*
   "It smells nice."
2. *Det luktar illa.*

"It smells bad."

These two sentences can be used in pretty much any situation--when we talk about food, perfume, flowers, bathrooms, laundry, and so on. So just by learning these set sentences, you've come pretty far. However, sometimes you'll find yourself in situations where you'll feel that these set sentences aren't enough because you'd like to talk about how something smells rather than simply stating that something smells good or bad. This can easily be done by replacing the *gott* ("nice") or *illa* ("bad") with a suitable noun that describes what something smells like.

For example:

1. *Det luktar rosor.*
   "It smells like roses."
2. *Det luktar vanilj.*
   "It smells like vanilla."
3. *Det luktar skit.*
   "It smells like crap."
4. *Det luktar svett.*
   "It smells like sweat."

The number of nouns you can use to talk about how something smells are endless. It's just your imagination that sets the limits. There are also some adjectives that can be inserted after *Det luktar*... ("It smells...").

For example:

1. *Det luktar surt.*
   "It smells sour."
2. *Det luktar fränt.*
   "It smells pungent."
3. *Det luktar sött.*
   "It smells sweet."

Cultural Insight

Personal Hygiene

Taking care of your personal hygiene, as in showering or bathing on a regular basis, using deodorant, and changing clothes, is something that many Swedes

think is important. In fact, Swedes sometimes seem to take this a bit too seriously and shower or bathe more often than needed or recommended by specialists. A recent study showed that Swedes, on average, shower 5.5 times a week, but almost forty percent of the people asked shower every day. The same study also showed that men, on average, shower more than women. Also, looking at how much Swedes spend on hygiene products, this has almost doubled over the last nine years. This trend is something that worries some Swedish specialists who instead insist that showering or bathing three to four times a week is more than enough.

How's the Weather Today in Sweden?

Lesson Track

Lesson Review Track

Lesson Dialog Track

Learn Swedish with our site! Talking about the weather is a great way to strike up a conversation with someone you don't know very well. It's certainly working with the people visiting your Swedish office today for a presentation—you've been chatting like old friends in the elevator since you asked them a few Swedish questions about the weather!

In this Lower Beginner lesson, you will learn how to talk about the weather in Swedish. We will also tell you what kind of weather you can expect if you visit Sweden in different parts of the year. Visit us at our site, where you will find many more fantastic Swedish lessons and learning resources. Leave us a message while you are there!

Line-By-Line Transcript

Formal Swedish
Kerstin: Hej Gunilla. Hur mår du?
Gunilla: Jo tack, det är bra.
Kerstin: Vilket fint väder vi har idag.
Gunilla: Ja, verkligen. Det är varmt och skönt.
Kerstin: Ja, det är soligt och fint.
Gunilla: Imorgon ska det regna.
Kerstin: Jaså. Då blir det kallt och kyligt.

Formal English
Kerstin: Hi, Gunilla. How are you?
Gunilla: I'm fine, thanks.
Kerstin: What lovely weather we have today.
Gunilla: Yes, indeed. It's nice and warm.
Kerstin: Yes, it's sunny and nice.
Gunilla: It's going to rain tomorrow.

Kerstin: Really? Then it will be cold and chilly.

Vocabulary List

Swedish / English / Class
Jo tack, det är bra *I'm fine, thanks* phrase
vilket/vilken *what* pronoun
fin *lovely* adjective
väder *weather* noun
verkligen *indeed* adverb
varm *warm* adjective
skön *nice* adjective
att regna *to rain* verb
kall *cold* adjective
kylig *chilly* adjective

Expansion Section

Jo tack, det är bra (I'm fine, thanks)
Jo, tack det är bra. Själv då?
"I'm fine, thanks. And you?"

---

vilket/vilken (what)
Vilken fin bil du har.
"What a nice car you have."

---

fin (lovely)
Vilket fint bord.
"What a lovely table."

---

väder (weather)
Det är dåligt väder idag.
"It's bad weather today."
Det är vackert väder idag.
"It is beautiful weather today."

---

verkligen (indeed)
Det var verkligen en intressant upplevelse.
"It was indeed an interesting experience."

---

varm (warm)
Pojken äter en varmkorv.
"The boy is eating a hot dog."
Det är för varmt med den här tröjan på.
"It's too hot with this sweater on."

---

skön (nice)
Det är skönt ute.
"It's nice outside."

---

att regna (to rain)
Det regnar.
"It's raining."

---

kall (cold)
Den kalla mannen kämpar för att hålla sig varm.
"The cold man is struggling to stay warm."

---

kylig (chilly)
Det är kyligt ute.
"It's chilly outside."

Grammar Point

The Focus of this Lesson is on How to Talk About the Weather.
Det är varmt och skönt.
"It's nice and warm."

In this lesson, we'll learn to talk about the weather. In a previous series, we learned how to comment on the weather by saying things like *vilket fint väder* ("what nice weather"). This is an easy way of commenting on the weather because the adjective *fint* ("nice") can be changed to any other adjective that describes the weather. Let's look at some examples where we instead use the adjectives *fult* ("nasty") and *underbart* ("wonderful"):

1. *Vilket hemskt väder.*
   "What nasty weather."

2. *Vilket underbart väder.*
   "What wonderful weather."

In this lesson's dialogue, other ways of talking about the weather were also used, like when Kerstin said, *det är varmt och soligt* ("It's warm and sunny."). In this lesson, you'll learn how to form sentences similar to this by using the formula *Det är* + [adjective] ("It's [adjective]."). Before we're able to use this formula, we also need to look at some suitable adjectives that can be inserted into it.

Swedish / **English**
kallt / "cold"
fuktigt / "humid"
soligt / "sunny"
disigt / "hazy"
kyligt / "chilly"
varmt / "warm"
molnigt / "cloudy"
kvavt / "stuffy"
ruggigt / "chilly"

Now let's form some sentences that describe the weather using the formula *Det är* + [adjective] ("It's [adjective]") with the adjectives presented above.

1. *Det är molnigt.*
   "It's cloudy."
2. *Det är varmt.*
   "It's warm."
3. *Det är kallt.*
   "It's cold."

Sometimes we also want to use more than one word to describe the weather, and in that case, we can instead use the formula *Det är* + [adjective] + *och* + [adjective] ("It's [adjective] and [adjective]."). And we insert two adjectives.

For example:

1. *Det är molnigt och kvavt.*
   "It's cloudy and stuffy."
2. *Det är varmt och fuktigt.*
   "It's warm and humid."
3. *Det är kallt och ruggigt.*

"It's cold and raw."

Cultural Insight

The Weather in Sweden

Sweden, as a country, is often thought of or described as a country with a fairly cold climate. That might not be so strange, considering the geographical location, and the fact that one of the most famous attractions in Sweden is the Ice Hotel in Jukkasjärvi. The Swedish climate is, however, a much milder climate in relation to other regions which lie that far north. Sweden is an elongated country, so the climate in different regions will, of course, differ from each other. The average temperature in the southern part of Sweden in January is around zero degrees celsius (thirty-two degrees Fahrenheit), while in the northern part of Sweden, it's around minus fourteen degrees (seven Fahrenheit). The difference in temperature between the different regions is less during the warmest month, which usually is July, in which the average day temperature is thirteen to seventeen degrees celsius (fifty-five to sixty-three Fahrenheit). This might sound quite cold, but remember that it's colder during the nighttime and warmer during the daytime.

Receiving a Swedish Postcard

Lesson Track

Lesson Review Track

Lesson Dialog Track

Learn Swedish with our site! Sorting through your mail in Sweden, you find the usual bills and catalogues and are about to throw them on a shelf to ignore for a while, when you see a postcard poking out. This is the first postcard you've received since you moved to Sweden! It's from your friend back home, and she's sent a silly old picture postcard from your hometown. Now you're feeling homesick...but also excited about sending her a postcard too!

In this Lower Beginner lesson, you'll learn even more ways to talk about the weather. This time around, we'll explain how to talk about temperatures. We'll also tell you about how common it is for Swedes to send postcards home, even today when the amount of actual mail that is sent around the world is declining. Visit us at our site, where you will find many more fantastic Swedish lessons and learning resources. Leave us a message while you are there!

Line-By-Line Transcript

Formal Swedish
Hans: Titta! Vi har fått ett vykort av Anna.
Kerstin: Läs högt!
Hans: Hej! Nu är vi i Australien och allt är bra. Här är det varmt och skönt. I luften är det 30 grader och i vattnet är det 20 grader. Vi ska vara här i två veckor och sen åker vi till Thailand. Hoppas allt är bra med er! Skriver snart igen. Kram, Anna.
Kerstin: Dom verkar ju ha det fint!

Formal English
Hans: Look! We got a postcard from Anna.
Kerstin: Read it out loud.
Hans: Hi! Now we're in Australia, and everything's fine. It's nice and warm here. The air temperature is thirty degrees and water temperature is twenty degrees.

We're going to be here for two weeks, and then we'll go to Thailand. Hope everything is fine with you. I'll write to you soon again. Hugs, Anna.
Kerstin: They seem to have it nice!

Vocabulary List

Swedish / **English** / **Class**
att få *to get* verb
vykort *postcard* noun
högt *out loud* phrase
luft *air* noun
vatten *water*
grad *degree* noun
att hoppas *to hope* verb
att skriva *to write* verb
kram *hug* noun
att verka *to seem* verb

Expansion Section

att få (to get)
Du får tio dollar för den här tröjan.
"You get ten dollars for this shirt."
Det är svårt att få några klara svar.
"It is difficult to get any clear answers."

---

vykort (postcard)
Jag har inte skickat några vykort ännu.
"I haven’t sent any postcards yet.”

---

högt (out loud)
Läraren läste högt.
"The teacher read out loud."

---

luft (air)
Jag får ingen luft.
"I can't get any air."

---

vatten (water)

Skulle jag kunna få lite vatten tack?
"Can I have some water, please?"

---

grad (degree)
Det är noll grader ute.
"It's zero degrees outside."

---

att hoppas (to hope)
Jag hoppas du blir frisk snart!
“I hope you will get well soon!”

---

att skriva (to write)
Det är svårt att skriva dikter.
“It’s difficult to write poems.”
Det är svårt att skriva ett bra ansökningsbrev.
"It’s difficult to write a good cover letter.”

---

kram (hug)
Puss och kram.
"Hugs and kisses."

---

att verka (to seem)
Det verkar bli regn.
"It seems like it's gonna rain."

Grammar Point

The Focus of this Lesson is on How to Talk About the Weather.
I luften är det 30 grader och i vattnet 20 grader.
"The air temperature is thirty degrees and water temperature is twenty degrees."

In this lesson, we'll continue to learn how to talk about the weather, and we'll do that by talking about the air temperature and water temperature. How to do this is illustrated in this lesson's dialogue. Let's have a look:

1. *I luften är det 30 grader...*
   "The air temperature is thirty degrees..."

2. *...och i vattnet är det 20 grader.*
   "...and the water temperature is twenty degrees."

As you might have already noticed, the construction of the Swedish sentence and the construction of the English sentence differ a bit. In the Swedish sentence, we say *i luften* or *i vattnet*, which has been translated into English as "the air temperature" and "the water temperature." *I luften* and *i vattnet*, however, literally mean "in the air" and "in the water." "The air temperature" and "the water temperature" in Swedish are *lufttemperaturen* and *vattentemperaturen*, and it's perfectly fine to use these when talking about the weather. But in daily conversation, expressions like *I luften* and *i vattnet* are more common, and therefore, we'll learn how to form sentences using these expressions in this lesson.

Now that we've cleared this up, we'll move on to learn how to talk about the air temperature and water temperature respectively, and we'll start with the air temperature. In order to make it as simple as possible, we'll use the following formula: *I luften är det* + [the actual degree] + *grader* ("The air temperature is [the actual degree] degrees."). More specifically, this means that we can use this formula and only change the number of the degrees in the brackets.

For example:

1. *I luften är det fem grader.*
   "The air temperature is five degrees."
2. *I luften är det fyrtiofem grader.*
   "The air temperature is forty-five degrees."
3. *I luften är det sjutton grader.*
   "The air temperature is seventeen degrees."

We'll now move on to learn how to talk about the water temperature, and we'll use a similar formula as the one above. The formula we'll use is as follows: *I vattnet är det* + [the actual degree] + *grader*. ("The water temperature is [the actual degree] degrees."). Let's have a look at some sample sentences that use this formula.

1. *I vattnet är det sju grader.*
   "The water temperature is seven degrees."
2. *I vattnet är det elva grader.*
   "The water temperature is eleven degrees."

3. *I vattnet är det tjugotre grader.*
   "The water temperature is twenty-three degrees."

Cultural Insight

Postcards

In this lesson's dialogue, Kerstin and Hans received a postcard from Anna. Sending postcards when going on vacation is something many Swedes do, especially to elderly relatives or parents. The amount of postcards that are sent has, of course, decreased since people these days more easily get in contact with each other through the Internet. There is, however, a special feeling of getting a real postcard, and there are several companies in Sweden that offer the service of sending real postcards which are ordered online.

When writing a postcard to your Swedish friends, you usually open with a simple greeting, such as *hej*. This is often followed by a few sentences in which you'd comment on the weather, talk about the food you've eaten, and tell what you've been up to in terms of activities such as bathing, sunbathing, skiing, and shopping. How to end the letter, of course, depends on whom you're writing to. If it's a close friend, *kram* ("hug") is perfectly fine. If it's your family or partner, *puss och kram* ("kiss and hug") is commonly used. If it's a friend you're not very close to or you're sending it to your job colleagues, *hälsningar* ("regards") is probably a better option.

Take Care Not to Hurt Yourself in Sweden!

Lesson Track

Lesson Review Track

Lesson Dialog Track

Learn Swedish with our site! Your Swedish roommate has just arrived home with a table from IKEA that he plans to put together before lunch. You take a look at the instructions and shake your head—there's no way he's getting this complicated task done by the time you both have to go out for lunch. He claims all Swedes are innately better at building IKEA furniture and gets down to it. Four hours later, he's only half done, and it's time to leave for lunch. So much for that innate knowledge!

In this Lower Beginner lesson, you will learn how to express feelings of joy and anger. We'll also tell you a bit about how Swedes typically show their feelings and which feelings are acceptable to display in different situations. Visit us at our site, where you will find many more fantastic Swedish lessons and learning resources. Leave us a message while you are there!

Line-By-Line Transcript

Formal Swedish
Kerstin: Hans. Vad gör du?
Hans: Jag ska sätta upp den här tavlan.
Kerstin: Okej. Akta bara så du inte gör illa dig.
Hans: Självklart. Aj! Fan!
Kerstin: Vad hände?
Hans: Skit!
Kerstin: Gjorde du illa dig?
Hans: Ja! Aj! Det gör jätte ont!

Formal English
Kerstin: Hans, what are you doing?
Hans: I'm going to put up this painting.
Kerstin: Okay. Just be careful so you don't hurt yourself.

Hans: Of course. Ouch! Damn!
Kerstin: What happened?
Hans: Crap!
Kerstin: Did you hurt yourself?
Hans: Yes! Ouch! It really hurts!

Vocabulary List

Swedish / **English** / **Class**
att sätta upp *to put up* verb
tavla *painting* noun
att akta *to be careful* verb
Aj! *Ouch!* interjection
Fan! *Damn!* interjection
Skit! *Crap!* interjection
Självklart! *of course* interection
att göra illa *to hurt* verb

Expansion Section

att sätta upp (to put up)
Har du satt upp nya gardiner?
"Have you put up new curtains?"

---

tavla (painting)
Jag köpte tavlan på en auktion.
"I bought the painting at an auction."

---

att akta (to be careful)
Akta dig så du inte ramlar ner.
"Be careful so you don't fall down."

Aj! (Ouch!)
Aj! Det gjorde ont.
"Ouch! That hurt."

Fan! (Damn!)
Fan! Jag glömde min väska på jobbet.
"Damn! I forgot my bag at work."

Skit! (Crap!)
Skit! Vi har slut på mjölk.
"Crap! We're out of milk."

Självklart! (of course)
Självklart kan jag hjälpa dig.
"Of course I can help you."

---

att göra illa (to hurt)
Har du gjort dig illa?
"Have you hurt yourself?"

Grammar Point

The Focus of this Lesson is on How to Express Feelings of Joy and Anger.
Aj! Fan!
"Ouch! Damn!"

In this lesson, we'll learn how to express both feelings of joy and anger, and we'll do that by looking at some common Swedish interjections, since interjections are words through which you can express feelings and emotions. First, we'll look at interjections through which we can express anger, and there are two of these that appear in this lesson's dialogue. Let's have a look.

1. *Fan!*
   "Damn!"
2. *Skit!*
   "Crap!"

Both of these interjections are very useful when you want to express anger, perhaps when you hurt yourself or when you're told something that really upsets you. The interjection *skit* is here translated as "crap," but the meaning is actually a bit stronger than the English "crap." Both *fan* and *skit* would probably qualify as a type of swear word, but are fairly uncontroversial and okay to use in most situations. Here are also some additional interjections that serve more or less the same purpose:

1. *Jävlar!*
   "Damn it!"
2. *Helvete!*
   "Damn!" (lit. "Hell")
3. *Förbannat!*
   "Damned!"

For occasions when you're so angry that you just want to scream, you can simply use the interjection *Ah* ("Aaah!"). Let's now move on to look at some interjections that instead will help us to express feelings of joy. Unfortunately, there don't seem to be as many interjections that express feelings of joy as there are interjections that express feelings of anger, but the following two can be useful in almost any situation, such as when you get some exciting news, when your favorite football team scores a goal, or when you win the lotto.

1. *Ja!*
   "Yeah!"
2. *Jippi!*
   "Yay!"

There are also two other interjections that can be used when we want to show that we think something someone else just said or did was really good.

1. *Bravo!*
   "Bravo!"
2. *Kanon!*
   "Great!

Cultural Insight

Expressing Emotions

In this lesson, we'll spend some time talking about how Swedes show their feelings and which feelings are acceptable to display in different situations. Swedes are, compared to people in other cultures, pretty reserved when it comes to showing their feelings. This is especially true when it comes to negative feelings, such as anger or jealousy. It's not like Swedes don't experience these types of feelings, but it's not really socially acceptable to display them before other people. More positive feelings, such as those of happiness and joy, are perhaps, more openly expressed, and it's more okay socially to do so. It's

important to remember that expressing feelings of joy might not always be appropriate if your happiness is at the expense of someone else. Say, for example, that you're playing a game or some sort and you win over your opponent. It's of course okay to be happy about your achievement, but you should still be humble and respectful towards the one who just lost. Swedes, in general, wouldn't really appreciate an "in your face" kind of reaction.

Mind Your Manners in Sweden!

Lesson Track

Lesson Review Track

Lesson Dialog Track

Learn Swedish with our site! Getting someone's attention is a necessary skill, no matter what language you're speaking. But you should know how to do it without sounding rude! When you first arrived in Sweden, you were so worried about beign rude that you'd wait until a waiter walked right by your table to order food and drinks. Sometimes you were waiting a while in those Swedish restaurants!

In this Lower Beginner lesson, you will learn how to get someone's attention. We'll cover both polite and less polite ways to do this. We'll also tell you about typical Swedish fast food. Visit us at our site, where you will find many more fantastic Swedish lessons and learning resources. Leave us a message while you are there!

Line-By-Line Transcript

Formal Swedish
Hans: Jens vad vill du äta?
Jens: En hamburgetallrik med cola.
Hans: Okej. Då beställer jag. Hallå! Hallå! Jag vill beställa!
Jens: Pappa! Vad otrevlig du låter! Jag skäms!
Hans: Ja förlåt.
Jens: Kan du försöka att låta lite trevligare?
Hans: Självklart. Ursäkta! Ursäkta mig! Skulle jag kunna få beställa?

Formal English
Hans: Jens, what do you want to eat?
Jens: A hamburger meal with coke.
Hans: Okay. I'll order then. Hey! Hey! I want to order!
Jens: Dad! You sound so rude! I'm embarrassed!
Hans: I'm sorry.

Jens: Can you try to sound a bit nicer?
Hans: Of course. Pardon! Excuse me! May I order?

Vocabulary List

Swedish / **English** / **Class**
hamburgetallrik *hamburger meal* noun
att beställa *to order* verb
Hallå! *Hey!* interjection
otrevlig *rude* adjective
trevlig *nice* adverb
att skämmas *to be embarrassed* verb
att låta *to sound* verb
ursäkta *pardon* interjection
Ursäkta mig. *Excuse me* expression
förlåt *sorry* interjection

Expansion Section

hamburgetallrik (hamburger meal)
Två hamburgetallrikar med cola, tack.
"Two hamburger meals with coke, please."

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att beställa (to order)
Alla vi beställde samma sak på restaurangen.
"All of us ordered the same at the restaurant."
Jag har redan beställt.
"I've already ordered."

Hallå! (Hey!)
Hallå! Stanna!
"Hey! Stop!"

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otrevlig (rude)
Varför är du så otrevlig?
"Why are you so rude?"

---

trevlig (nice)
Jag hoppas du får en trevlig resa.

"I hope you will have a nice journey. "

---

att skämmas (to be embarrassed)
Varför skäms du?
"Why are you embarrassed?"

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att låta (to sound)
Du får det att låta så lätt.
"You make it sound so easy."

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ursäkta (pardon)
Ursäkta. Kan jag få lite vatten?
"Pardon. Can I have some water?"

Ursäkta mig. (Excuse me)
Ursäkta mig. Vad kostar den här?
"Excuse me. What does this cost?"

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förlåt (sorry)
Förlåt. Det var inte meningen.
"Sorry. I didn't mean to."

Grammar Point

The Focus of this Lesson is on How to Get Someone's Attention.
Ursäkta! Ursäkta mig! Skulle jag kunna få beställa?
"Pardon! Excuse me! May I order?"

In this lesson, we'll learn how to get someone's attention by using different types of expressions. We'll more specifically talk about how to do this in relation to whose attention we're trying to get and under what kind of situations. We'll start to look at more casual ways of trying to get someone's attention, which were used by Hans in this lesson's dialogue.

1. *Hallå!*
   "Hey!"

Using this word to try to get someone's attention might work in some situations that don't really require you to be too polite. This could, for example, be a situation when someone has dropped something and you're trying to get their attention so you can give it back to them. For most other situations, using *Hallå!* isn't really a good idea, since it can sound quite rude, especially if you're shouting it from a distance. One exception, of course, is when you're on the phone; then using a *hallå* is perfectly fine.

Another way of getting someone's attention which might be even more casual than *hallå* is *hörru*, which also corresponds to "hey" or "hey you." Using *hörru* to get someone's attention should be avoided if it's not said in a very calm and soft voice to someone sitting really close to you, as in, *Hörru, hur mår du?* ("Hey, how are you?"). Shouting *hörru* to someone far away will most definitely sound rude.

When we do want to get someone's attention without coming across as rude, the following expressions are probably most suitable.

1. *Ursäkta!*
   "Pardon!"
2. *Ursäkta mig!*
   "Excuse me!"

Both of these expressions are used in this lesson's dialogue, and they're probably the safest way of getting someone's attention without seeming impolite. These can be used in both casual and more informal situations. So if you're in doubt of whether to use *hallå* or *ursäkta / ursäkta mig*, it's always safest to go with *ursäkta* or *ursäkta mig*.

Cultural Insight

Fast Food

Sweden is a country where fast food is quite popular, and therefore, we'll talk about some typical Swedish fast food. First of all, we need to clarify that there isn't much real Swedish fast food. Rather, there are Swedish versions of fast food, such as pizza, baked potatoes, and hot dogs. If you want to try "real" Swedish fast food, visiting the fast food chain *Sibylla* is a good option. They sell things like hamburgers, hot dogs, and schnitzel. Hot dogs can be served in a bun, with fries or, the more Swedish option, with mashed potatoes and shrimp salad,

all wrapped in a flatbread. This is referred to as *tunnbrödsrulle*, meaning "flatbread role." They also offer more Swedish dishes, such as meatballs with mashed potatoes or baked potatoes with different kinds of fillings. If you're into pizza, then you should try Swedish versions, such as kebab pizza, which is a pizza with kebab meat, tomatoes, iceberg salad, and some kind of garlic sauce or a pizza with thinly sliced tenderloin and bearnaise sauce.